

WELLNESS AT WORK

ANATOMY OF A HEALTHY WORKPLACE

Considering the average American spends roughly one-third of each day at work, the time we spend at the office adds up quickly. It's more important than ever for employees and employers alike to take charge of office health, and create environments that alleviate stress and fatigue while promoting productivity and creativity. Here are some tips to help that happen.

YOUR OFFICE



The Right Temperature

Avoid extremes — studies show optimal temperature for productivity is 71.6 degrees Fahrenheit.

Proper Lighting

Natural light can reduce fatigue and stress. If natural isn't an option, try using full-spectrum lights.

Calming Colors

Incorporating cool colors like lavender or aqua can help lower stress levels in the office.

A Little Greenery

Plants add oxygen and humidity to dry office air and can enhance creativity.

YOUR DESK



The Perfect Chair

Use a chair that supports your lower back and has adjustable height so you can sit with your knees parallel to the ground.

Properly Positioned Monitor

Place your screen at eye level and about 18 to 28 inches away (or an arm's length) to limit strain on your eyes and neck.

Positive Memories

Keep a photo of an important person, pet, or positive memory nearby for tough days.

Hands-Free Help

Use a headset to avoid neck pain from holding a phone to your ear with your shoulder.

Soothing Sounds

Tune out distracting background noise with an iPod, earplugs, sound machine, or even a fan.

Temperature Control

Keep an extra sweater or wrap handy in case

HEALTHY WORK HABITS



Walking Meetings

When meeting one-on-one or with small groups, try a "walking meeting."

Get Moving

Encourage others to use break time to be physically active and get sunshine and fresh air.

Smart Snacking

During meetings or events, ensure that snacks or meals include healthy options.

Be an Example

Model these healthful behaviors and workplace routines to be a champion of office well-being.

WHY THESE THINGS MATTER

It Matters to Employees

Employees recognize the effect their office environment has on their health and well-being — and they're willing to take action.



1 in 3 workers has accepted or left a job due to the condition of the building and/or amenities offered.



80 percent of workers say the overall condition of their office affects how they perceive their employers.



6 percent of millennials would accept a pay cut in exchange for a healthy office environment.

It Pays Off for Businesses

Employees are more productive in healthy office environments. For example, RNL, an architecture firm in Denver, raised ceilings and installed a skylight to increase views and natural light and saw many benefits.



59 percent of employees said their personal productivity increased.

59%



82 percent of employees said the new space would improve attraction and retention of employees.

82%