



# Employee WELLNESS

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June 2024



Adults spend a large portion of their lives working in offices so it is important to maintain a healthy connection between work and well-being. In this LiveWell newsletter, we celebrate Employee Wellness Month and offer information on how to better your workplace.



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How employees can practice wellness

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Employee wellness promotes a healthy work-life balance, helps to reduce stress levels, encourages personal and professional growth, and improves the overall quality of life. Here are simple ways to boost employee wellness:

- 1. Reconnect with your colleagues:** Reach out to some colleagues that you may have lost touch with. Check up on colleagues who may seem stressed or overburdened with work and offer to help them out, if you can. Reconnecting with colleagues can help to foster a more friendly environment at work.
- 2. Take a mental health day:** Feeling burnt out? Take a mental health day. Use this time to catch up on some errands or pursue hobbies that you've put on the back burner. You can read a book, watch movies, or simply allow yourself to rest and do nothing. It is important to be able to recharge to perform better in life.
- 3. Introduce a fitness class at work:** Many people may not have time to exercise citing hectic work schedules, but fitness has proven to be an important part of overall well-being. Try taking a fitness class before or after work with colleagues to decompress and motivate each other.



Information derived from [nationaltoday.com](https://www.nationaltoday.com)



## PlayWELL

### Benefits of mindfulness

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Mindfulness is a simple form of meditation that encourages focusing on the moment. By practicing mindfulness, employees can lower stress levels and improve their overall wellbeing.

One study shows that participants in a seven-week period of mindfulness training retained significant benefits even four years after the fact. What's more, the benefits of mindfulness actually shine brightest against a demanding backdrop like the workplace.

Here's what increased mindfulness can offer your team:

- Increased happiness and well-being
- Improved focus
- Enhanced creativity
- Strengthened resistance and stress management
- More emotional balance
- Improved sleep
- Better work relationships

On a busy day, finding time for self-care can feel tough. Schedule short blocks of empty time to have guilt-free moments of walking, breathing, meditating, or just being without any expectation. This can go a long way towards maintaining a sense of mindfulness throughout the day.

Information derived from [Calm](#)



## WorkWELL

### Facts about workplace wellness

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Why does employee wellness matter? Research shows that one's personal well-being makes one highly productive and valuable to an organization in the following ways.

1. **It helps in recruitment:** A good workplace wellness culture will help to attract the right talent as people want to work with such companies.
2. **It helps in retaining talent:** An employee who is experiencing high levels of job satisfaction is unlikely to leave the organization unless for a personal emergency.
3. **Varieties of workplace wellness:** Professional wellness comes in various forms such as in-house healthy snacks, a pet-friendly policy, standing desks, regular breaks, etc.
4. **It improves company goodwill:** A good wellness culture improves the company's goodwill when employees speak about it with their peers.
5. **It helps people make better lifestyle choices:** A good workplace environment will help an individual lead a healthy lifestyle and not resort to unhealthy habits to cope with stress.

Information derived from [nationaltoday.com](#)







# EatWELL

Build bonds in the workplace through food culture

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At the Greater Phoenix Chamber and Foundation, we host a lunch called Gourmet Pathways to Culture. This lunch takes place at the beginning of every quarter and three employees bring in food that represents their culture. Employees share family heritage, cultural experiences, and how the food has influenced their life. We recommend hosting a Gourmet Pathways to Culture or shared lunch to embrace learning the differences between various cultures and build stronger relationships.

## WELL Community Community resources

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According to research, community outreach improves mental and physical health, provides a sense of purpose, and nurtures relationships. By implementing a volunteer program at your workplace, trust will be built among staff and they can connect with the local community and create opportunities for critical reflection.

The Greater Phoenix Chamber and Foundation partner with Valley of the Sun United Way and have employees volunteer through various projects, fundraising, and connecting personally with the community.

Are you interested in creating a community outreach program at your workplace? There is a wide variety of volunteer opportunities in every community, whether you are interested in youth, environment, health, religious, or community causes. Check with local nonprofit and cultural organizations, schools, faith communities, or hospitals for opportunities.

Source: [mayoclinichealthsystem.org](https://www.mayoclinichealthsystem.org)

