

Find Your Calm: Simple Ways to Encourage Relaxation in the Workplace



Simple ways to encourage relaxation in the workplace



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Juggling work, busy schedules, and economic challenges can take a toll on our mental and physical health.

A 2024 report by Mental Health UK^[1] found 91% of adults had experienced high or extreme stress in the past year, one in four (24%) felt 'unable to manage stress and pressure in the workplace', and one in five (20%) needed to take time off work due to poor mental health caused by pressure or stress. National relaxation day on the 15th August is a reminder of the importance of self-care, and prioritizing time to do things which soothe and calm body and mind to balance out the daily pressures we all experience

Benefits of Relaxation

When we make time to relax, our bodies respond positively in many ways. Here's how:

- Slower heart rate
- Lower blood pressure
- Improved digestion
- Lower blood sugar levels
- Less activity of stress hormones
- Reduced muscle tension and chronic pain
- Improved focus and mood
- Improved sleep quality
- Increased confidence to handle problems^[2]

Relaxed employees are more likely to have a good day at work than if they were stressed:

- Lower risk of illness and burnout, which can reduce absence and presenteeism
- Increased engagement
- Improved focus and concentration
- Improved productivity and performance
- Better problem solving and more creativity

Tips for Promoting Relaxation in the Workplace

Here are 5 effective ways to support your team:

1. **Digital Detox:** Suggest taking regular breaks from phones and screens to refresh the mind and reduce digital fatigue.
2. **Promote Walking Breaks:** A short walk can do wonders for mood, creativity, and physical health. Encourage your team to step outside and enjoy a stroll.
3. **Facilitate Exercise:** Support workplace fitness programs or provide access to local gym memberships to keep everyone active and energised.
4. **Encourage Socialising:** Promote a friendly atmosphere where social interactions are encouraged. Team lunches or casual coffee breaks can boost morale and create connections.
5. **Work-Life Balance:** Remind everyone about the importance of a healthy work-life balance. Encourage employees to set boundaries and truly disconnect from work after hours

Relaxation Techniques to Practice Outside of Work

You can encourage your team to practice relaxation techniques outside of work, too. This can help them return to work feeling refreshed and recharged. Here are 5 effective relaxation techniques they can try in their personal time:

- **Meditation:** Practicing mindful breathing exercises or guided meditation can help clear the mind, reduce stress, and improve focus.
- **Yoga:** Engaging in yoga can promote physical relaxation, improve flexibility, and provide mental calmness.
- **Getting Outside:** Spending time in nature and going for walks can boost mood, reduce anxiety, and increase overall happiness.
- **Reading:** Getting lost in a good book can be a great way to unwind, escape daily stresses, and stimulate the mind in a positive way.
- **Creative Hobbies:** Pursuing hobbies like painting, knitting, or playing a musical instrument can provide a therapeutic escape and enhance mental relaxation.

Encouraging these activities can help your team find balance and enjoy a higher quality of life. This benefits both their personal and professional lives.

Transform Your Workplace Wellbeing

By embracing these relaxation techniques, you can create a culture of wellbeing. This can help your team feel healthier, happier and more productive. Encouraging self-care not only benefits each individual but also creates a more positive and supportive workplace.

Sources

[1] [Mental Health UK](#)

[2] [Torbay and South Devon NHS](#)

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