

5 No Cost Ways to
Boost Employee Wellbeing
in YOUR Workplace



5 NO COST STEPS TO BOOST EMPLOYEE WELLBEING IN YOUR WORKPLACE

1. It Starts with YOU!

As a leader, you set the example. If you aren't taking care of you, then your employees won't see the importance of taking care of them. Just like stress and negative attitudes are contagious, so are good habits and wellbeing. Model the behavior so your employees can really believe they have permission to take care of themselves at work.

2. Incorporate fun and laughter into every workday.

Laughter really is the best medicine! It can reduce stress, release feel good endorphins into your nervous system, lift your mood and improve your overall wellbeing. Laughter stimulate your heart and lungs to take in more oxygen and helps release tension. Make time to tell a funny (appropriate) joke, share a funny story, have a hula hoop contest, play a game, or create a meeting theme and dress up. Don't forget to delegate! Ask team members to be in charge of fun for a day or week.

3. Take a break!

Breaks throughout the day are important for increasing creativity and problem solving. Your brain needs a break to sort out information, contemplate and discover new ideas. Make it a priority to step away from your desk a few times a day and do something quiet like take a walk, meditate, stretch, or listen to music. When your employees see breaks are acceptable and encouraged, they will be more likely to do the same. Who doesn't need more creative, engaged, and rejuvenated employees?!

4. Set boundaries.

Our world is going a million miles a minute. You likely feel connected to work 24/7 thanks to technology. While you may believe this is essential for productivity, the truth is it can actually be detrimental to wellbeing (and reduce productivity in the long term). Set a boundary and limit emails to work hours. Do your best thinking in the evening? Use the "send later" feature in your email so that it doesn't arrive in in-boxes until the start of the next work day.

5. Get support

You don't have to do this alone! Find out what your employees wellness interests are and ask for support from your Human Resources department or Employee Assistance Program. Consider making an appointment with a Wellness Consultant or speaker to explore how they could help you bring more wellbeing to YOUR workplace.

Bonus: Consider booking a free call with a life or health coach to help YOU meet your wellness goals and re-balance your life. The benefits will spill over to your employees as they see you happier, healthier and energized!

READY TO TAKE THE NEXT STEPS ?

I'm so glad you took the first step by downloading this guide. I encourage you to pick ONE step and give it a try. Get curious, give it time, and start to notice the shifts in your employees.

And...if you are ready to take wellbeing to the NEXT level, check out the options below.

Get Additional Support for Your Employees:

I've helped amazing leaders just like you boost their employees wellbeing through engaging and interactive workshops that can be done virtually or in-person.

Employees identify simple strategies designed for their unique lives, while learning to let go of the guilt so they can start improving their health, increasing their energy and becoming more productive and creative in their work.

Specialized workshops are available to support leaders and managers with enhancing their workplace culture by improving communication, increasing employee engagement and creating respectful and supportive work environments where employees feel valued and supported.

Check out available topics and book a call to see how I can help YOU support your employees!

[More Info](#)

Boost Your OWN Wellbeing with a FREE Private Consultation:

I've helped individuals just like you transform their lives by:

- Increasing their energy
- Creating healthy boundaries
- Having more fun without the guilt

Would you like to experience these results, too? The truth is that taking care of you and prioritizing self-care is the KEY to experiencing your best health, your best body and your best life.

I invite you to sign up for a private consultation to discover how you can stress less and enjoy life more! Let's uncover what's holding you back, figure out where to focus your efforts first, and get you some action steps you can implement right away to boost your own wellbeing!



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