

STAFF WELL-BEING IN 2022

IN THE NEW HYBRID WORK CULTURE

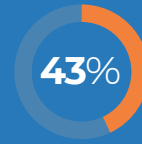
2020 & 2021 showed a much greater impact on employee mental stress levels¹



employed British adults commonly experienced work-related stress in 2020. **20% higher than 2018**



experience anxiety as a result of work stress.



experienced loss of sleep due to work-stress, and a third turn to comfort eating.

Mental health is not helped by other limitations of working from home

Staff have been known to feel and do the following:²

- ✗ If alone, not eating a real lunch or skipping lunch entirely
- ✗ Feels more reclusive and not making plans with others
- ✗ Not making enough time to exercise
- ✗ Not having a definitive “cut-off” for work time
- ✗ Feels guilty for doing tasks that are outside of work
- ✗ Experiencing musculoskeletal pain from a ‘not-quite-right’ desk set-up³

Our live daily online sessions help reduce these issues

All that’s mentioned above often comes from negative patterns that evolve further due to lack of proper regular release.

Give your staff the opportunity to access live yoga, meditation and breathwork classes and let them take action in reducing stress and tension held in the body or mind.

Some of the benefits of regular yoga, meditation or breathwork practice:

IMPROVED CAPACITY TO FOCUS

HEALTHIER IMMUNE SYSTEM

BETTER POSTURE & ALIGNMENT

STRONGER BODY & MIND

INCREASED AWARENESS & CONFIDENCE

REDUCED STRESS & ANXIETY

We offer:

LIVE ONLINE SESSIONS

These can be company-specific or the option to join our regular weekly classes via our website or app

BREATHWORK & MEDITATION

Breathwork and meditation sessions to start the day clear, positive and with intention

REAL ENGAGEMENT

A range of different styles and taught live with real-time feedback

LOW COST

Cost-friendly classes on a platform that allows your staff additional access to daily live sessions

Find Out More

For further information or to discuss your well-being requirements, please contact:

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 life design yoga

¹ Parkbox
² TE Diet LLC
³ verwellhealth

