

why is wellness important in the workplace

Why Is Wellness Important in the Workplace? A Deep Dive into Employee Well-being

Feeling burnt out? Stressed to the max? Productivity plummeting? You're not alone. More and more, businesses are recognizing that a healthy workforce is a productive workforce. But why is wellness important in the workplace? This isn't just about offering free fruit; it's a strategic investment in your company's success. This comprehensive guide explores the multifaceted benefits of prioritizing employee wellness, providing practical insights and actionable steps to foster a healthier, happier, and more productive work environment. We'll delve into the impact of wellness on employee engagement, productivity, and the bottom line, all while exploring how to effectively implement wellness programs within your organization.

1. The Impact of Wellness on Employee Productivity and Performance

Let's face it: a stressed, unhealthy employee isn't a productive employee. When employees experience chronic stress, burnout, or physical ailments, their work suffers. They may struggle with concentration, make more errors, miss deadlines, and generally lack the energy and enthusiasm needed to excel. Prioritizing wellness programs directly addresses these issues. Offering resources like gym memberships, mindfulness training, or even flexible work arrangements can significantly reduce stress levels and improve overall well-being. This, in turn, leads to increased focus, improved decision-making, and ultimately, higher productivity. Studies consistently show a strong correlation between employee wellness and increased output. A healthy employee is a more efficient and effective employee.

2. Reduced Absenteeism and Presenteeism: The Hidden Costs of Unwell Employees

Absenteeism, the simple act of employees missing work due to illness, is a costly problem for businesses. However, there's another, often overlooked issue: presenteeism. Presenteeism refers to employees coming to work while sick or unwell. While they're physically present, their productivity is drastically reduced due to illness, stress, or lack of focus. Both absenteeism and presenteeism contribute to significant financial losses for companies. Wellness programs combat this by proactively promoting employee health. By providing resources and support, businesses can reduce illness-related absences and improve the overall health and well-being of their workforce, leading to significant cost savings in the long run.

3. Improved Employee Engagement and Retention: Fostering a Positive Work Culture

Happy employees are engaged employees, and engaged employees are loyal employees. A workplace that prioritizes wellness fosters a positive and supportive culture where employees feel valued and cared for. This leads to increased job satisfaction, a stronger sense of belonging, and ultimately, higher employee retention rates. The cost of recruiting and training new employees is significant, so reducing turnover through wellness initiatives is a smart business strategy. Investing in employee well-being translates directly into reduced recruitment costs and increased stability within the team. Moreover, a positive work environment attracts top talent, giving your company a competitive edge in the job market.

4. Reduced Healthcare Costs: A Long-Term Financial Benefit

Wellness programs aren't just about improving employee well-being; they're also a smart financial investment. By encouraging healthy habits and providing access to resources like health screenings and preventative care, companies can help reduce employee healthcare costs. Early detection and prevention of health issues can significantly minimize the financial burden associated with treating chronic illnesses later on. This proactive approach to health management results in lower healthcare claims and contributes to long-term cost savings for both the employer and the employees.

5. Enhanced Company Reputation and Brand Image: Attracting Top Talent

In today's competitive job market, company culture and employee well-being are increasingly important factors for prospective employees. Companies known for their commitment to employee wellness often attract and retain top talent. A strong reputation for prioritizing employee health and well-being can enhance your company's brand image, making you a more desirable employer. This positive image can also positively impact customer relationships and overall business success. It's a win-win scenario that enhances both employee satisfaction and company reputation.

6. Boosting Creativity and Innovation: A Healthier Mind, More Innovative Ideas

A healthy mind is a creative mind. When employees feel well-rested, less stressed, and more energized, they're better equipped to think outside the box and contribute innovative ideas. Wellness initiatives that promote mental clarity, such as mindfulness training or stress management programs, can significantly boost creativity and innovation within the workplace. This can lead to improved problem-solving, the development of new products and services, and a more competitive advantage in the market.

Conclusion

Prioritizing employee wellness isn't just a trend; it's a strategic imperative for businesses looking to thrive in today's competitive landscape. From increased productivity and reduced absenteeism to enhanced employee engagement and a stronger brand image, the benefits of workplace wellness are undeniable. By investing in the well-being of your employees, you are investing in the future success of your company. Implementing a comprehensive wellness program requires careful planning and consideration, but the long-term return on investment is significant and well worth the effort.

FAQs

1. What kind of wellness programs are most effective? Effective programs are tailored to the specific needs and preferences of your employees. Consider surveys and feedback to understand what resonates most with your team. Options range from gym memberships and mindfulness programs to on-site health screenings and ergonomic assessments.
1. How can we measure the success of our wellness program? Track key metrics like absenteeism rates, employee engagement scores, healthcare costs, and employee feedback through surveys.
1. What if my company is small and can't afford extensive wellness programs? Even small gestures, like encouraging breaks, promoting healthy snacks, or offering flexible work arrangements, can make a difference.
1. How do we get employees to participate in wellness initiatives? Make participation voluntary and fun! Offer incentives, create a supportive culture, and showcase the benefits of wellness through success stories and testimonials.
1. What's the role of management in supporting employee wellness? Management plays a crucial role in setting the tone and culture. Leaders should actively participate in wellness activities, promote a healthy work-life balance, and openly discuss mental health.

why is wellness important in the workplace: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, Wellbeing at Work shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, Wellbeing at Work explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And Wellbeing at Work introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. Wellbeing at Work shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? Wellbeing at Work includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

why is wellness important in the workplace: Corporate Wellness Programs Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 Corporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

why is wellness important in the workplace: Wellbeing: The Five Essential Elements Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

why is wellness important in the workplace: Mental Health and Wellbeing in the Workplace Gill Hasson, Donna Butler, 2020-06-22 ***HIGHLY COMMENDED - HR & MANAGEMENT - BUSINESS BOOK AWARDS 2021*** Provides guidance for both employers and staff on promoting positive mental health and supporting those experiencing mental ill health in the workplace The importance of good mental health and wellbeing in the workplace is a subject of increased public awareness and governmental attention. The Department of Health advises that one in four people will experience a mental health issue at some point in their lives. Although a number of recent developments and initiatives have raised the profile of this crucial issue, employers are experiencing challenges in promoting the mental health and wellbeing of their employees. Mental Health & Wellbeing in the Workplace contains expert guidance for improving mental health and supporting those experiencing mental ill health. This comprehensive book addresses the range of issues surrounding mental health and wellbeing in work environments - providing all involved with informative and practical assistance. Authors Gill Hasson and Donna Butler examine changing workplace environment for improved wellbeing, shifting employer and employee attitudes on mental health, possible solutions to current and future challenges and more. Detailed, real-world case studies illustrate a variety of associated concerns from both employer and employee perspectives. This important guide: Explains why understanding mental health important and its impact on businesses and employees Discusses why and how to promote mental health in the workplace and the importance of having an effective 'wellbeing strategy' Provides guidance on managing staff experiencing mental ill health Addresses dealing with employee stress and anxiety Features resources for further support if experiencing mental health issues Mental Health & Wellbeing in the Workplace is a valuable resource for those in the workplace wanting to look after their physical and mental wellbeing, and those looking for guidance in managing staff with mental health issues.

why is wellness important in the workplace: Workplace Wellness Programs Study Soeren

Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

why is wellness important in the workplace: Rule the Rules of Workplace Wellness Programs Barbara J. Zabawa, JoAnn M. Eickhoff-Shemek, 2017

why is wellness important in the workplace: A Design Thinking, Systems Approach to Well-Being Within Education and Practice National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

why is wellness important in the workplace: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

why is wellness important in the workplace: Integrating Employee Health Institute of Medicine, Food and Nutrition Board, Committee to Assess Worksite Preventive Health Program Needs for NASA Employees, 2005-09-29 The American workforce is changing, creating new challenges for employers to provide occupational health services to meet the needs of employees. The National Aeronautics and Space Administration (NASA) workforce is highly skilled and competitive and employees frequently work under intense pressure to ensure mission success. The Office of the Chief Health and Medical Officer at NASA requested that the Institute of Medicine review its occupational health programs, assess employee awareness of and attitude toward those programs, recommend options for future worksite preventive health programs, and ways to evaluate their effectiveness. The committee's findings show that although NASA has a history of being forward-looking in designing and improving health and wellness programs, there is a need to move from a traditional occupational health model to an integrated, employee-centered program that could serve as a national model for both public and private employers to emulate and improve the

health and performance of their workforces.

why is wellness important in the workplace: Workplace Wellness Rose Karlo Gantner Ed.D., 2012-03-01 Workplace Wellness is a guide for business leaders, managers, and consultants who want to decrease health care costs even as they improve employee productivity, satisfaction, and health conditions. -- from xi

why is wellness important in the workplace: WORK WELLBEING Mark McCrindle, 2020-08-19 This book takes the Immortals concept made famous in cricket and applies it to motorsport, choosing the best of the best from Bathurst and the Australian Touring Car Championship (now the Supercars Championship) and other local series. It delves into the careers and characteristics of icons Peter Brock, Allan Moffat and Dick Johnson along with modern-era champions such as Mark Skaife, Craig Lowndes and Jamie Whincup: heroes who are not just high achievers but influential identities who set a new benchmark and changed local racing forever through skill, determination and sheer will. It tells the remarkable stories behind each Immortal's rise, from the fabled tale of rock star Johnson to the little-known facts surrounding Lowndes' Bathurst arrival in 1994 that, a few hours earlier, teetered on the brink of disaster. The Immortals of Australian Motor Racing: the Local Heroes is the third instalment in Gelding Street Press's Immortals of Australian Sport series. In it, motorsport writer Luke West gives readers insights into his 10 chosen immortals and their influence on the national scene.

why is wellness important in the workplace: Managing Stress in the Workplace Institute of Leadership & Management, 2010-05-14 Super series are a set of workbooks to accompany the flexible learning programme specifically designed and developed by the Institute of Leadership & Management (ILM) to support their Level 3 Certificate in First Line Management. The learning content is also closely aligned to the Level 3 S/NVQ in Management. The series consists of 35 workbooks. Each book will map on to a course unit (35 books/units).

why is wellness important in the workplace: ACSM's Worksite Health Handbook American College of Sports Medicine, 2009-02-27 Encouraging and maintaining a healthy workforce have become key components in the challenge to reduce health care expenditures and health-related productivity losses. As companies more fully realize the impact of healthy workers on the financial health of their organization, health promotion professionals seek support to design and implement interventions that generate improvements in workers' health and business performance. The second edition of ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies connects worksite health research and practice to offer health promotion professionals the information, ideas, and approaches to provide affordable, scalable, and sustainable solutions for the organizations they serve. Thoroughly updated with the latest research and expanded to better support the business case for worksite programs, the second edition of ACSM's Worksite Health Handbook includes the contributions of nearly 100 of the top researchers and practitioners in the field from Canada, Europe, and the United States. The book's mix of research, evidence, and practice makes it a definitive and comprehensive resource on worksite health promotion, productivity management, disease prevention, and chronic disease management. ACSM's Worksite Health Handbook, Second Edition, has the following features: -An overview of contextual issues, including a history of the field, the current state of the field, legal perspectives, and the role of health policy in worksite programs -A review of the effectiveness of strategies in worksite settings, including economic impact, best practices, and the health-productivity relationship -Information on assessment, measurement, and evaluation, including health and productivity assessment tools, the economic returns of health improvement programs, and appropriate use of claims-based analysis and planning -A thorough discussion of program design and implementation, including the application of behavior change theory, new ways of using data to engage participants, use of technology and social networks to improve effectiveness, and key features of best-practice programs -An examination of various strategies for encouraging employee involvement, such as incorporating online communities and e-health, providing incentives, using medical self-care programs, making changes to the built environment, and tying in wellness with health and safety The book includes a

chapter that covers the implementation process step by step so that you can see how all of the components fit together in the creation of a complete program. You'll also find four in-depth case studies that offer innovative perspectives on implementing programs in a variety of work settings. Each case study includes a profile of the company, a description of the program and the program goals, information on the population being served, the results of the program, and a summary or discussion of the program. Throughout the book you'll find practical ideas, approaches, and solutions for implementation as well as examples of best practices and successful programs that will support your efforts in creating interventions that improve both workers' health and business performance. The book is endorsed by the International Association for Worksite Health Promotion, a new ACSM affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition. The e-book for ACSM's Worksite Health Handbook, Second Edition, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader PRS-505 Language versions -English -French -German

why is wellness important in the workplace: Transforming Workplace Wellness Cw Margaret Stockley Rn, 2016-02-08 Transforming Workplace Wellness: Practical Strategies to Inspire Sustainable Change provides the latest evidence-based information needed to create and maintain a successful holistic wellness program. As change agents, members of the wellness team are charged with developing creative strategies that inspire, engage, and initiate positive behavior-change. Transforming Workplace Wellness equips teams to be creative in their methodology and combine winning content with engaging events. The result is an immensely readable book that provides innovative content and practical takeaways for today's wellness programs. It offers a practical, mainstream approach that will appeal to a broad range of professionals who can benefit from reading this book, regardless of the size of their organization or industry. In addition to expanding on the methodology and business processes, Transforming Workplace Wellness Programs includes: Evidence-based strategies to motivate and engage employees and assist teams who are developing a new program as well as those who want to incorporate fresh ideas to an existing program Program components, incentives, coaching, work-flow, and data evaluation to improve performance of interventions 101 low-to-no-cost ideas to support and promote a strategy for organizational effectiveness and economic resilience plus an index of resources

why is wellness important in the workplace: The Healthy Workplace Leigh Stringer, 2016-07-01 Learn how to improve the well-being of your employees that will ultimately boost your company's bottom line. Studies show that unhealthy work habits, like staring at computer screens and rushing through fast-food lunches, are taking a toll in the form of increased absenteeism, lost productivity, and higher insurance costs. But should companies intervene with these individual problems? And if so, how? The Healthy Workplace says yes! Companies that learn how to incorporate healthy habits and practices into the workday for their employees will see such an impressive ROI that they'll kick themselves for not starting these practices sooner. Packed with real-life examples and the latest research, this all-important resource reveals how to: Create a healthier, more energizing environment Reduce stress to enhance concentration Inspire movement

at work Support better sleep Heighten productivity without adding hours to the workday Filled with tips for immediate improvement and guidelines for building a long-term plan, *The Healthy Workplace* proves that a company cannot afford to miss out on the ROI of investing in their employees' well-being.

why is wellness important in the workplace: *Healthy Employees, Healthy Business* Ilona Bray, Ilona M. Bray, 2012 Helps business owners and managers target the main health concerns in the workplace and implement low-cost or free programs to increase productivity, boost morale, lower workplace stress, and potentially lower health insurance costs--

why is wellness important in the workplace: *Stop Talking About Wellbeing* Katherine Howard, 2020-01-06 Stop talking about wellbeing, and start taking action to own your workload. As the teacher retention crisis reaches breaking point, and mental health for teachers features regularly in the press, wellbeing has been pushed to the top of the national agenda in a bid for schools to consider how to look after their staff. However, wellbeing is becoming a tokenistic feature within the education sector, as staff participate in compulsory wellbeing-linked activities that have very little impact on their workload or ability to do what they came into the profession to achieve: inspiring young people. In a critical consideration of a range of educational research, Kat explores the key factors that form a teacher's role within school, outlining a range of ways that teachers can take ownership of their workload, and wellbeing through a sense of true job fulfilment. Interviewing expert teachers in their field and taking a Kat provides practical strategies for teachers at any point of their career to take away and implement immediately, in a bid to improve the educational landscape for teachers everywhere.

why is wellness important in the workplace: *Next-Generation Wellness at Work* Stephenie Overman, 2009-09-15 Fact: Wellness programs benefit the bottom line. Motorola, for example, found that each dollar invested in wellness benefits returned \$3.93 in health and disability cost savings. *Next-Generation Wellness at Work* tells how to get in on the action. A nuts-and-bolts, how-to guide for managers, it delivers the latest thinking on how to take full advantage of the benefits that wellness programs can offer both employees and companies. And the effort couldn't be more important. With the soaring cost of medical care and the increase in obesity and lifestyle-related illnesses, there is growing recognition that companies must build a culture of health and enable employees to become better guardians of their own well being. This book illustrates, in detail, exactly how to accomplish those goals. Good health saves in ways that go beyond smaller insurance premiums. It also has a direct relationship with employee productivity, making wellness a matter of high-level strategy. However, many workplace wellness programs are not as effective as they could be. They are not comprehensive, not long-term, and not marketed to the people who could benefit most. Wellness expert Stephenie Overman helps managers take practical steps to overcome these deficiencies and build successful workplace wellness programs that result in tangible, bottom-line benefits for organizations. And the book starts from the ground up, first by explaining how to take a company's temperature, get management buy-in, and design a program that fits a company's unique needs and situation. Building a program is one thing, but will they come? That's where Overman's expertise is essential: She shows how to motivate workers to take advantage of the program and reap its many benefits. And she explains how to partner with local health providers and integrate methods to promote psychological well being, two key ingredients for success. Not many corporate programs benefit both employees and the company equally, but a well-planned wellness initiative will boost the health and productivity of employees, leading to a happier—and more competitive—workplace.

why is wellness important in the workplace: *Resilience (HBR Emotional Intelligence Series)* Harvard Business Review, Daniel Goleman, Jeffrey A. Sonnenfeld, Shawn Achor, 2017-04-18 How to be resilient in a professional setting. How do some people bounce back with vigor from daily setbacks, professional crises, or even intense personal trauma? This book reveals the key traits of those who emerge stronger from challenges, helps you train your brain to withstand the stresses of daily life, and presents an approach to an effective career reboot. This volume includes the work of:

Daniel Goleman Jeffrey A. Sonnenfeld Shawn Achor This collection of articles includes "How Resilience Works," by Diane Coutu; "Resilience for the Rest of Us," by Daniel Goleman; "How to Evaluate, Manage, and Strengthen Your Resilience," by David Kopans; "Find the Coaching in Criticism," by Sheila Heen and Douglas Stone; "Firing Back: How Great Leaders Rebound After Career Disasters," by Jeffrey A. Sonnenfeld and Andrew J. Ward; and "Resilience Is About How You Recharge, Not How You Endure," by Shawn Achor and Michelle Gielan. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

why is wellness important in the workplace: Management Lessons from the Mayo Clinic (PB) Leonard L. Berry, Kent D. Seltman, 2008-05-31 Management Lessons from Mayo Clinic reveals for the first time how this complex service organization fosters a culture that exceeds customer expectations and earns deep loyalty from both customers and employees. Service business authority Leonard Berry and Mayo Clinic marketing administrator Kent Seltman explain how the Clinic implements and maintains its strategy, adheres to its management system, executes its care model, and embraces new knowledge - invaluable lessons for managers and service providers of all industries. Drs. Berry and Seltman had the rare opportunity to study Mayo Clinic's service culture and systems from the inside by conducting personal interviews with leaders, clinicians, staff, and patients, as well as observing hundreds of clinician-patient interactions. The result is a book about how the Clinic's business concept produces stellar clinical results, organizational efficiency, and interpersonal service. By examining the operating principles that guide every management decision at this legendary healthcare institution, the authors Demonstrate how a great service brand evolves from the core values that nourish and protect it Extrapolate instructive business lessons that apply outside healthcare Illustrate the benefits of pooling talent and encouraging teamwork Relate historical events and perspectives to the present-day Mayo Clinic Share inspiring stories from staff and patients An innovative analysis of this exemplary institution, Management Lessons from Mayo Clinic presents a proven prescription for creating sustainable service excellence in any organization.

why is wellness important in the workplace: The Psychologically Healthy Workplace Matthew J. Grawitch, David W. Ballard, 2016 This book examines the complex interplay between employees and management, to determine how a psychologically healthy workplace is constructed and maintained.

why is wellness important in the workplace: Is Work Good for Your Health and Well-being? Gordon Waddell, Great Britain: Department for Work and Pensions, A. Kim Burton, 2006-09-06 Increasing employment and supporting people into work are key elements of the Government's public health and welfare reform agendas. This independent review, commissioned by the Department for Work and Pensions, examines scientific evidence on the health benefits of work, focusing on adults of working age and the common health problems that account for two-thirds of sickness absence and long-term incapacity. The study finds that there is a strong evidence base showing that work is generally good for physical and mental health and well-being, taking into account the nature and quality of work and its social context, and that worklessness is associated with poorer physical and mental health. Work can be therapeutic and can reverse the adverse health effects of unemployment, in relation to healthy people of working age, for many disabled people, for most people with common health problems and for social security beneficiaries.

why is wellness important in the workplace: Dealing with Difficult People in the Library Mark R. Willis, 1999 This text offers practical strategies for managing problems posed by patrons and other staff. It is a hands-on guide to solving problems through communication, preventive measures and clear and concise patron behaviour policies.

why is wellness important in the workplace: The Palgrave Handbook of Workplace

Well-Being Satinder K. Dhiman, 2021-03-22 This handbook proposes to present best practices in managing and leading the 21st century workforce. It offers strategies and tools to cultivate well-being in the present day boundary-less work environment. Research shows that organizations with higher levels of employee engagement routinely out-perform those with lower employee engagement. This handbook provides valuable insights into why employee well-being is such a powerful driver of employee performance and engagement and what organizations can do to enhance workplace well-being and fulfillment. It brings the research on workplace well-being up-to-date while precisely mapping its terrain and extending the scope and boundaries of this field in an inclusive and egalitarian manner.

why is wellness important in the workplace: Building a Resilient Workforce Institute of Medicine, Board on Health Sciences Policy, Planning Committee on Workforce Resiliency Programs, 2012-07-18 Every job can lead to stress. How people cope with that stress can be influenced by many factors. The Department of Homeland Security (DHS) employs a diverse staff that includes emergency responders, border patrol agents, federal air marshals, and policy analysts. These employees may be exposed to traumatic situations and disturbing information as part of their jobs. DHS is concerned that long-term exposure to stressors may reduce individual resilience, negatively affect employees' well-being, and deteriorate the department's level of operation readiness. To explore DHS workforce resilience, the Institute of Medicine hosted two workshops in September and November 2011. The September workshop focused on DHS's operational and law enforcement personnel, while the November workshop concentrated on DHS policy and program personnel with top secret security clearances. The workshop brought together an array of experts from various fields including resilience research, occupation health psychology, and emergency response. **Building a Resilient Workforce: Opportunities for the Department of Homeland Security: Workshop Summary:** Defines workforce resilience and its benefits such as increased operational readiness and long-term cost savings for the specified population; Identifies work-related stressors faced by DHS workers, and gaps in current services and programs; Prioritizes key areas of concern; and Identifies innovative and effective worker resilience programs that could potentially serve as models for relevant components of the DHS workforce. The report presents highlights from more than 20 hours of presentations and discussions from the two workshops, as well as the agendas and a complete listing of the speakers, panelists, and planning committee members.

why is wellness important in the workplace: A Review of the U.S. Workplace Wellness Market Soeren Mattke, Christopher Schnyer, Kristin R Van Busum, 2012-11-28 This paper describes the current state of workplace wellness programs in the United States, including typical program components; assesses current uptake among U.S. employers; reviews the evidence for program impact; and evaluates the current use and the impact of incentives to promote employee engagement.

why is wellness important in the workplace: Workplace Innovation Peter Oeij, Diana Rus, Frank D. Pot, 2017-07-01 This book focuses on workplace innovation, which is a key element in ensuring that organizations and the people within them can adapt to and engage in healthy, sustainable change. It features a collection of multi-level, multi-disciplinary contributions that combine theory, research and practical perspectives. In addition, the book presents new perspectives from a number of nations on policies with novel theoretical approaches to workplace innovation, as well as international case studies on the subject. These cases highlight the role of leadership, the relation between workplace innovation and well-being, as well as the do's and don'ts of workplace innovation implementation. Whether you are an experienced workplace practitioner, manager, a policy-maker, unionist, or a student of workplace innovation, this book contains a range of tips, tools and international case studies to help the reader understand and implement workplace innovation.

why is wellness important in the workplace: The Cambridge Handbook of the Global Work-Family Interface Kristen M. Shockley, Winny Shen, Ryan C. Johnson, 2018-04-26 The Cambridge Handbook of the Global Work-Family Interface is a response to growing interest in

understanding how people manage their work and family lives across the globe. Given global and regional differences in cultural values, economies, and policies and practices, research on work-family management is not always easily transportable to different contexts. Researchers have begun to acknowledge this, conducting research in various national settings, but the literature lacks a comprehensive source that aims to synthesize the state of knowledge, theoretical progression, and identification of the most compelling future research ideas within field. The Cambridge Handbook of the Global Work-Family Interface aims to fill this gap by providing a single source where readers can find not only information about the general state of global work-family research, but also comprehensive reviews of region-specific research. It will be of value to researchers, graduate students, and practitioners of applied and organizational psychology, management, and family studies.

why is wellness important in the workplace: On Great Service Leonard L. Berry, 1995-04-01 Improving service quality has finally become a top priority of management today, yet according to service quality expert Leonard Berry only a handful of companies have managed to determine exactly what to improve and how to improve it. For the past two years, Berry studied dozens of companies of all sizes renowned for their capacity to deliver what they promise and more. From his on-site observation of the strategies and practices of such companies as Mary Kay Cosmetics, Tattered Cover Book Store, Longo Toyota & Lexus, Lakeland Regional Medical Center, and Hard Rock Cafe, Berry has constructed a dynamic new framework for improving service. This framework provides a roadmap for implementation found nowhere else in the service quality literature. In every chapter Berry draws on his twelve years of research in service quality to explain each part of the framework in detail. He provides rich insights and inspiring examples of great service -- including numerous examples unique to this book as well as the classic success stories of USAA, Taco Bell, and many more. Berry shows that a company must (1) develop service leadership skills and values -- a concept substantially different from developing general leadership; (2) build a service quality information system; and (3) create a comprehensive service strategy based on the four principles of great service: reliability, surprise, recovery, and fairness. He demonstrates how these four principles, when adopted by the leadership and infused into the systems of a service company, are the building blocks of the framework and form the anchor for implementation. Berry shows how the artistry of great service can be systematically created from this foundation through a company's organizational structure, technology, and often under utilized human resources assets. He challenges service managers to set their service quality aspirations higher, and his innovative, practical ideas will help them achieve those higher standards. Linking service excellence to value creation, Berry provides solid financial reasons for the necessity of great service. Here, at last, is the book for which managers in every service industry have waited: Leonard Berry's operating manual for turning plans for great service into action.

why is wellness important in the workplace: Thrive Arianna Huffington, 2014-03-25 In Thrive, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as Thrive shows,

literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in *Thrive*, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

why is wellness important in the workplace: The Future Workplace Experience: 10 Rules For Mastering Disruption in Recruiting and Engaging Employees Jeanne Meister, Kevin J. Mulcahy, 2016-11-04 Axiom Business Book Award Silver Medal Winner DISRUPTIVE TECHNOLOGIES. THE GIG ECONOMY. BREADWINNER MOMS. DATA-DRIVEN RECRUITING. PERSONALIZED LEARNING. In a business landscape rocked by constant change and turmoil, companies like Airbnb, Cisco, GE Digital, Google, IBM, and Microsoft are reinventing the future of work. What is it that makes these companies so different? They're strategic, they're agile, and they're customer-focused. But, most important, they're game changers. And their workplace practices reflect this. The Future Workplace Experience presents an actionable framework for meeting today's toughest business disruptions head-on. It guides you step-by-step through the process of recruiting top employees and building an engaged culture—one that will drive your company to long-term success. Two of today's leading voices on the future of work, provide 10 rules for rethinking, reimagining, and reinventing your organization, including: • MAKE THE WORKPLACE AN EXPERIENCE • BE AN AGILE LEADER • CONSIDER TECHNOLOGY AN ENABLER AND DISRUPTOR • EMBRACE ON-DEMAND LEARNING • TAP THE POWER OF MULTIPLE GENERATIONS • PLAN FOR MORE GIG ECONOMY WORKERS Everything we took for granted in the past—from what we expect from our jobs to whom we work with and how—is changing before our eyes. The strongest organizations today are “learning machines.” New challenges require new solutions—and these organizations are finding them. If you want to compete in the years to come, you have to meet the future now. The Future Workplace Experience is your playbook for taking your organization to the top of your industry.

why is wellness important in the workplace: State of The Global Workplace Gallup, 2017-12-19 Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere - and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons — but resistance to rapid change is a big one, Gallup's research and experience have discovered. In particular, organizations have been slow to adapt to breakneck changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers' unique demands. Gallup's 2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers' potential; and hire great managers to implement the positive change their organizations need not only to survive - but to thrive.

why is wellness important in the workplace: Nurses With Disabilities Leslie Neal-Boylan, 2012-10-12 This is the first research-based book to confront workplace issues facing nurses who have disabilities. It not only examines in depth their experiences, roadblocks to successful employment, and misperceptions surrounding them, but also provides viable solutions for creating positive attitudes towards them and a welcoming work environment that fosters hiring and retention. From the perspectives and actual voices of nurses with disabilities, nurse leaders, nurse administrators, and patients, the book identifies nurses with disabilities (including sensory, musculoskeletal, emotional, and mental health issues), discusses why they choose to leave nursing or hide their disabilities, and analyzes how their disabilities may influence career choices.

why is wellness important in the workplace: Transforming the Workforce for Children Birth Through Age 8 National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

why is wellness important in the workplace: *The Handbook of Stress and Health* Cary Cooper, James Campbell Quick, 2017-02-07 A comprehensive work that brings together and explores state-of-the-art research on the link between stress and health outcomes. Offers the most authoritative resource available, discussing a range of stress theories as well as theories on preventative stress management and how to enhance well-being Timely given that stress is linked to seven of the ten leading causes of death in developed nations, yet paradoxically successful adaptation to stress can enable individuals to flourish Contributors are an international panel of authoritative researchers and practitioners in the various specialty subjects addressed within the work

why is wellness important in the workplace: *Obesity and Socioeconomic Status in Adults* , 2010

why is wellness important in the workplace: *Discovering the Soul of Service* Leonard L. Berry, 1999-07-13 This wise and inspiring book by Leonard Berry, moves far beyond his pioneering work in services marketing and service quality to explain how great service companies meet their toughest challenge: sustaining long-term success. In a world where customers regard flawless

products as a given, service is the key differentiator between competitors in any field. From Berry's exacting study of fourteen mature, highly successful, labor-intensive companies comes an astonishing revelation: the single most important factor in building a lasting service business is not a matter of savvy business practice, but of humane values. In all fourteen award-winning companies -- Bergstrom Hotels, The Charles Schwab Corporation, Chick-fil-A, The Container Store, Custom Research Inc., Dana Commercial Credit, Dial-A-Mattress, Enterprise Rent-A-Car, Midwest Express Airlines, Miller SQA, Special Expeditions, St. Paul Saints, USAA, and Ukrop's Super Markets -- values-driven leadership connects with strategic focus, executional excellence, control of destiny, trust-based relationships, generosity, investment in employee success, acting small, and brand cultivation to drive customer satisfaction, innovation, and growth. Dedicating a chapter to each of these nine drivers, this book is the most far-reaching and insightful vision ever presented of the principles and step-by-step actions that continuously bring success to life in a company. Berry's comprehensive model reveals the soul that underlies the strategies and day-to-day operations of great service companies, guiding the thousands of daily decisions of individual employees. Clear, compelling, pathbreaking, *Discovering the Soul of Service* is essential reading for managers everywhere.

why is wellness important in the workplace: *Head Start Program Performance Standards* United States. Office of Child Development, 1975

why is wellness important in the workplace: **Resilience at Work** Salvatore R. MADDI, Deborah M. KHOSHABA, 2005-03-04 This useful resource gives you the knowledge, tools, and encouragement you need to embark on your journey to becoming a hardier, more successful person. More than experience or training, resilience in the face of stressful situations and rapid changes determines whether you ultimately succeed or fail in the workplace. It allows you to thrive even in tumultuous conditions, to turn potential disasters into growth opportunities. The good news for the legions of other workers who become overwhelmed by stress is that resilience in the face of life's problems is not an inborn personality trait, but a set of skills and attitudes that you can learn and develop. Packed with insightful examples, case studies, and self-assessment tools, *Resilience at Work* explains how to: Approach change as a meaningful challenge no matter how stressful the circumstances, and stay committed to your work, rather than detaching and giving up. Gain control by understanding the upside and the downside of change, and take actions to influence beneficial outcomes. Turn stressful changes to your advantage and map out sound problem-solving strategies. Resolve ongoing conflicts and build an environment of assistance and encouragement between you and your coworkers. Decrease feelings of isolation and powerlessness by understanding the 3Cs that give you the ability to thrive amid disruptive changes: commitment, control, and challenge. Reorganization, downsizing, mergers, budget pressures, transfers, job insecurity, and more are producing today's unpredictable, pressure-cooker conditions, and making it harder for less resilient people to achieve the success they deserve. *Resilience at Work* supplies insights and strategies you can use to combat your fear of change and uncover the opportunities that can be found in even the most stressful situations.

why is wellness important in the workplace: Occupational Therapy Practice Framework: Domain and Process Aota, 2014 As occupational therapy celebrates its centennial in 2017, attention returns to the profession's founding belief in the value of therapeutic occupations as a way to remediate illness and maintain health. The founders emphasized the importance of establishing a therapeutic relationship with each client and designing an intervention plan based on the knowledge about a client's context and environment, values, goals, and needs. Using today's lexicon, the profession's founders proposed a vision for the profession that was occupation based, client centered, and evidence based--the vision articulated in the third edition of the *Occupational Therapy Practice Framework: Domain and Process*. The Framework is a must-have official document from the American Occupational Therapy Association. Intended for occupational therapy practitioners and students, other health care professionals, educators, researchers, payers, and consumers, the Framework summarizes the interrelated constructs that describe occupational therapy practice. In

addition to the creation of a new preface to set the tone for the work, this new edition includes the following highlights: a redefinition of the overarching statement describing occupational therapy's domain; a new definition of clients that includes persons, groups, and populations; further delineation of the profession's relationship to organizations; inclusion of activity demands as part of the process; and even more up-to-date analysis and guidance for today's occupational therapy practitioners. Achieving health, well-being, and participation in life through engagement in occupation is the overarching statement that describes the domain and process of occupational therapy in the fullest sense. The Framework can provide the structure and guidance that practitioners can use to meet this important goal.

Additional Resources

why is wellness important in the workplace

[Why Is Wellness Important In The Workplace](#)

Why Is Wellness Important In The Workplace

Related Articles

- [writing equations from a table worksheet answer key](#)
- [whiskers and paws veterinary wellness clinic](#)
- [zach bryan bon secours wellness arena 5 may](#)

[Back to Home](#)