



HOW TO: MINIMISE STRESS & BURNOUT IN YOUR WORKPLACE.

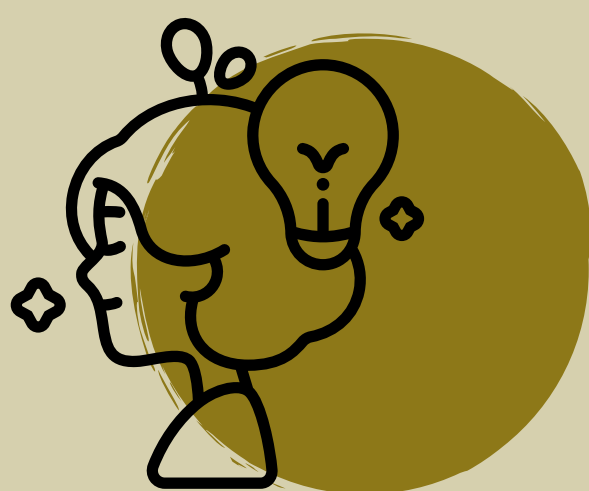


1. NORMALISE BREAKS

Whether its people actually taking time out to have their lunch away from their desk, taking a break to reset for the afternoon of work; or using their holiday allowance throughout the course of the year – We need to encourage teams members to take time out!.

2. BAN HOLIDAY COMMUNICATIONS

Banning holiday communications is a wonderful way for companies to give their staff a real rest from the office.

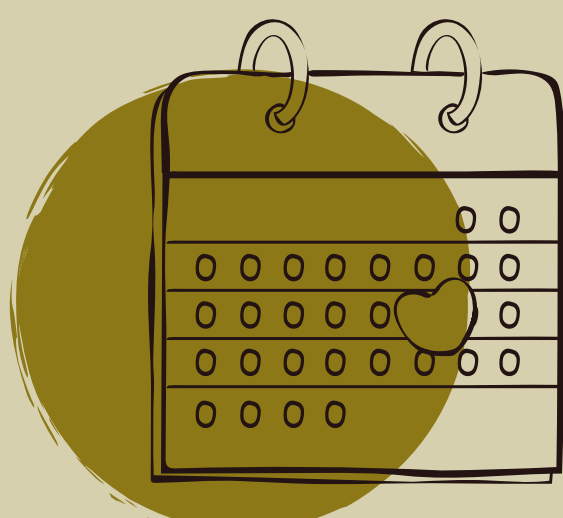


3. UNDERSTAND YOUR EMPLOYEES

Employee engagement surveys, like The Happiness Survey are an excellent tool to use to get company-wide feedback from your team. Surveying employees regularly helps business leaders understand how their team are really feeling.

4. LEAD YOUR TEAM... OUT OF THE OFFICE.

We all know the famous saying... Lead by example. If you want to help reduce stress and promote a healthy lifestyle for your team, then lead them out the office doors!



5. TRIAL A 4 DAY WORKING WEEK

Higher productivity, increased sales, reduced employee burnout and improved employee retention are some of the benefits that employers might expect from implementing a 4 day working week.