**Our favourite, fun workplace wellness initiatives**

Welcome to our fun edition of workplace wellness!

Workplace wellness is important for both healthy, happy employees and successful, sustainable businesses. And putting in place effective initiatives that cover various aspects of employee health – including physical, mental, nutritional, financial and social – takes time and effort.

**Some of the most common?**

Gym memberships, financial literacy programmes, health screenings, weight loss groups, retirement planning, wellness challenges and team-building activities. But, sometimes the most engaging initiatives are the ones that are … different.

The element of “fun” has been well-researched and found to be a key part of behavioural change. When you make things fun – by adding a sense of dazzle and delight to the experience – people are more likely to do it and keep doing it.

Here is a list of our favourite, fun workplace wellness initiatives from around the world.

1. **Laughter:** Often called “the best medicine”, laughter can reduce stress levels. A good laugh can increase your heart rate and oxygen consumption, similar to a quick bout of exercise.
2. **The power of plants:** Does your office space have plants? It should. They add an important element of nature, which can be calming, and contribute to improved air quality making the environment you work in healthier.
3. **Nap time:** Some companies have introduced "nap rooms" or dedicated spaces for employees to take short power naps during the workday. Research shows this can boost both productivity and creativity.
4. **Random acts of kindness:** Being kind is a win-win. It’s good for you, and good for the recipient. Plus, it builds those all-important social connections. Try out “kindness weeks” where you and your colleagues perform random acts of kindness for co-workers.
5. **Walking meetings:** Walking is one of the most accessible and effective forms of exercise. So why not pair it with your next meeting? Movement can stimulate creative thinking and problem-solving (fun fact: Steve Jobs was well-known for his walking meetings).
6. **Mindful colouring:** Who said colouring is only for kids? Adult colouring books are becoming more and more popular as a way to relax, de-stress and be more creative.
7. **Pet-friendly policies:** Think puppies! Many workplaces now allow employees to bring their pets to the office which can lower stress levels and increase feelings of happiness.
8. **Tech-free time:** This may sound daunting but disconnecting from screens and taking tech-free breaks allows you to engage in activities that promote mental wellbeing, like reading a book during a coffee break or practising mindfulness.
9. **Carpool karaoke:** No, not the James Corden one but similar. Carpooling to work is great for the environment and your carbon footprint, and it also gives you an opportunity for some "carpool karaoke" sessions with co-workers.
10. **Deskercise:** Similar to the walking meetings, this is all about promoting movement as a way to boost energy levels and stimulate creative ideas. Try out exercises like seated leg lifts and desk push-ups.

Workplace wellness is not only about improving health but also about creating a positive and enjoyable work environment – which these fun and creative initiatives are great for. Give them a go!

*For more information about Vitality’s evidence-based approach that encourages and rewards members for healthier living, visit the*[*Vitality Global*](https://www.vitalityglobal.com/)*website.*