



Employee Wellness and Productivity

Recent research outcomes have revealed that healthy employees are central to improving the productivity of an organisation. This however contrasts with the view of workers focusing on more money as salaries, shorter working hours and other benefits.



This is not necessarily about work hours but assisting employees with programmes that help them draw red lines between personal life and work.

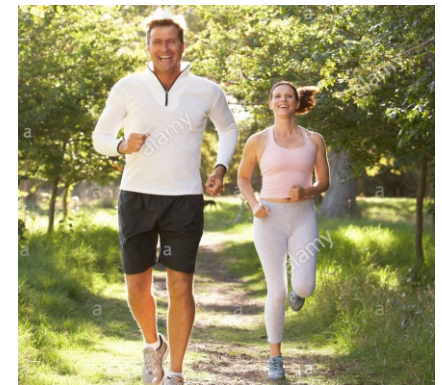
This involves setting clear responsibilities, clear timeliness, clear process, and even clear expectations. Make their job content meaningful and exciting, they will worry less, hence better sleep.

To be more specific, there are many different factors that could affect an employee's productivity, but we want to point to four universally accepted factors in the current paradigms. These are:

2. Mindfulness. The word mindfulness is rarely associated with work and productivity as such highly misunderstood in settings like this. In reality, being mindful only means being aware of and in control of our thinking, instead of letting our thinking control us.

According to Huffington Post, mindfulness helps you to be aware of what you are now; you can orient your attention and avoid being distracted.

In turn, this will help you finish a task more quickly and accurately.



4. Work out and regular exercise. When you exercise, you are increasing blood flow to the brain. This helps sharpen your awareness and make you more ready to handle your role and projects with increased alertness. Work out and other forms of appropriate exercise increases your energy level, so you do not get fatigued too soon.



1. You are what you eat. Your capacity to stay focused on the job has a lot to do with what food enters your brain. If we consume foods that do not provide us with the necessary amount of glucose, then we will not have the necessary power and energy to perform our best at work. But paying attention to what and when we eat, we can have full control of our productivity.



3. Good Quality Sleep. Sleep deprivation not only affects employee productivity but also the productivity of the organisation.

Generally speaking, and based on researches, people who sleep enough, eat properly, work out, and are involved in mindfulness sessions tend to be more productive than people who are not.