
6 Ways to Help Your Employees Beat Stress and Get More Done

If you would like your business to employ highly motivated and high-energy level employees then investing in the workplace atmosphere and facilities will help reduce work-place stress significantly. Research confirms that if your employees are stressed it will cost you even more money in missed workdays and increased on-the-job injuries over both the short term and the long term.

In addition to the negative repercussions of having stressed employees, your business may be experiencing lower productivity and poor quality of output. It is both clear and obvious that some very cost effective strategies could minimize stress on the job and provide your employees with opportunities to reduce other stress related problems.

Below is a list of six ways in which you can help your company reduce stress for your employees while increasing the output of your business:



1. **Provide an attractive and comfortable work environment whenever possible.** Pleasant surroundings can do more for a person's attitude than we often realize. Create a less formal atmosphere by adding plants or improved decorations. It will even help if it is just the rest room.
2. **Supply a quiet employee break room.** Not the canteen or games room, this room should be separate from the normal "hustle and bustle" of the workplace. It will give your employees an opportunity for a quick 10 minute break from work and any work related stress that they may be experiencing.



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3. **Instead of giving orders 100% of the time try asking people to help out, creating opportunities for employees to make decisions that will directly affect their job performance.** This gives them a sense of personal power and less stress because they feel they have some control.
 4. **Thank your employees for work accomplished and recognize them for exemplary performance.** A quick thank you will go a long way in reducing complaints and stress. Be genuine and only thank when workers have worked well otherwise you will be rewarding sub-standard activities. Remember the old axiom, punish in private... praise in public. The primary requirement for praise and thank-you's is that it must be sincere.
 5. **Always choose ergonomically sound equipment, tools, and furniture.** These will make work easier for your staff, reduce workplace injuries, and therefore limit compensation claims. In addition, workplace stress will be reduced and staff, equipped with the correct tools, will be more productive.
 6. **Go out of your way to create opportunities for the employees to meet, socialize, and build relationships away from work.** Set up a bowling team where you gather and play once a week or maybe a softball team, or even a book club for employees only. When staff realize you have their interests in mind and are doing all you can to improve working conditions they will respond and you will see an improved atmosphere and productivity.

