



REMOTE WORK WELLNESS CHALLENGES:

Engaging Employees When Working From Home

Introduction

A healthy workforce is a successful, productive workforce. How well we perform our jobs is directly related to how we feel physically, mentally, and emotionally. Keeping our employees healthy also saves money by reducing healthcare costs. But, keeping workers engaged when they are remote presents unique challenges. When you add additional stressors, like the restrictions we're encountering to prevent the spread of COVID-19, the problem multiplies.

GoPivot believes that achieving better health and overall wellbeing is the only way to ensure long-term success in the workplace and in life. With that in mind, we've compiled wellness challenges to keep your employees happy, healthy, and productive when working remotely and broken them down into three groups: the work environment, physical wellness, and mental wellness.



Work Environment

When you're working from home, it can feel impossible to keep work life and personal life separate and healthy. When you add additional stress, the problem multiplies. The set up and ergonomics of our home workspace aren't a one-stop solution to all of our problems, but they can certainly alleviate some of the work-related stress we feel in our day-to-day.

In order to set yourself up for success, your designated workspace needs to be a clutter-free, well-lit space to help keep you focused and alert. Better workplace ergonomics are shown to improve the quality of our work through productivity, engagement, and culture, thus, improving our quality of life. Some fundamental ergonomic principles for a healthy workspace are good posture, taking movement breaks, and having good light. For a more in-depth view of the fundamentals, [take a look at our checklist for workplace ergonomics](#).



CORPORATE CHALLENGE IDEAS



ERGONOMICS CHECKLIST CHALLENGE

Employees log items including maintaining good posture, letting in natural light, and adding office plants or mood boosting art/photos to home offices.



MOVEMENT EVERY HOUR CHALLENGE

Reward employees with points for every hour they stand and stretch throughout the workday.



Physical Wellness

Taking care of our bodies plays a huge role in our overall wellness and success in our careers. The benefits of good nutrition and exercise extend far beyond weight management. Exercise strengthens your heart, reduces inflammation, and improves blood circulation. When paired with good nutrition, it helps combat high-risk, costly health conditions including high blood pressure, cardiovascular diseases leading to heart attack and stroke, type 2 diabetes, arthritis, and many types of cancer. Exercise and nutrition also affect the quality of our sleep which is vital in regulating our hormones, improving our mental state, and allowing our organs time to repair themselves.

In a nutshell, the food we eat and frequency with which we move our bodies either gives us the energy we need to tackle our day or works against us by making us sluggish, lethargic, and ultimately less productive. Long term, when we prioritize our physical health, we have the strength and tenacity we need, not only for a successful career, but for a healthy life.

CORPORATE CHALLENGE IDEAS



GUIDED WORKOUT CHALLENGE

Employees have access to and can earn points for participating in virtual group fitness classes.



SUB THIS FOR THAT CHALLENGE

Provide a nutrition checklist full of healthier alternatives to foods in our pantries and recipe ideas for nutritious meals. Employees earn points by can logging healthy swaps and meals.

Mental Wellness

Mental health often gets put on the back burner for many of us when it comes to our overall wellness. This gets amplified when we are socially isolated. Just as exercise and proper nutrition are necessary for our physical health, our mental health also needs care and attention.

Checking in with yourself and your loved ones on a regular basis helps us to feel supported and allows us to be a support system for others. Prioritizing restful sleep is a key ingredient for a sound mind. Daily meditation or mindfulness practices, such as breathing exercises and journaling, helps to clear out and ease some of the unavoidable clutter. Reading and writing is a better form of release and reflection than mindlessly watching TV every night. Make sure that you're leaving time and energy for self-care when the day is done.

Don't forget to offer resources to employees on therapy and tele-therapy options covered by your benefits plan – nothing can replace the care of a professional.

CORPORATE CHALLENGE IDEAS



15-MINUTE DAILY MEDITATION CHALLENGE

Employees earn points for participating in group meditations or logging their solitary meditation times.



INVEST IN YOU CHALLENGE

Employees log 10 days out of the month where they do something for themselves and their wellbeing.

Want to learn how GoPivot can
help your organization drive
meaningful change?

REQUEST A DEMO



www.gopivotsolutions.com

