

STRESS LESS WORKPLACE TOOLKIT



Introduction

As a leader supporting employee well-being, we've designed this toolkit to give you the tools to create a supportive environment & a culture of wellness for your workplace.

Encouraging wellness in the workplace not only enhances employee health & happiness but also boosts productivity & morale. This toolkit provides practical strategies & tips to foster a culture of wellness & support your employees in prioritizing their well-being.



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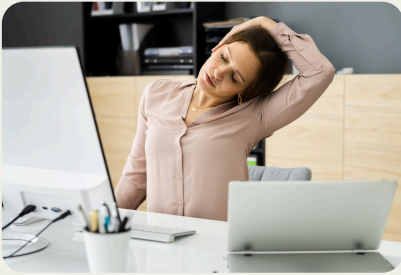


Stress-Busting Tips
for Employees

Quick Yoga Stretches at your Desk

Neck Release for Screen Strain

Gently tilt your head to one side, then the other. Hold each side for 5 breaths to ease the tension from constant screen time.



Seated Twist for Long Meetings

Sit tall, place your right hand on your left knee, & twist your torso to the left. Hold for 5 breaths, then switch sides.



Desk Chaturanga for Energy Boost

Place your hands on the edge of your desk, shoulder-width apart. Step back until your body is at a 45-degree angle. Bend your elbows & lower your chest towards the desk. Hold for a few seconds, then push back up.



Wrist Stretches for Typing Relief

Extend one arm in front of you, palm facing up. Gently pull your fingers back with the other hand. Repeat with the palm facing down. Give those hard-working hands a break.



Guided Wellness Sessions

5-Minute Breathing Meditation

Encourage employees to listen to this guided meditation to find calm & focus prior to meetings

[Check it out here!](#)

Uplifting & Energizing Yoga Flow

Infuse positivity & enthusiasm with this energizing mat yoga flow.

[Check it out here!](#)

Box Breathing Practice

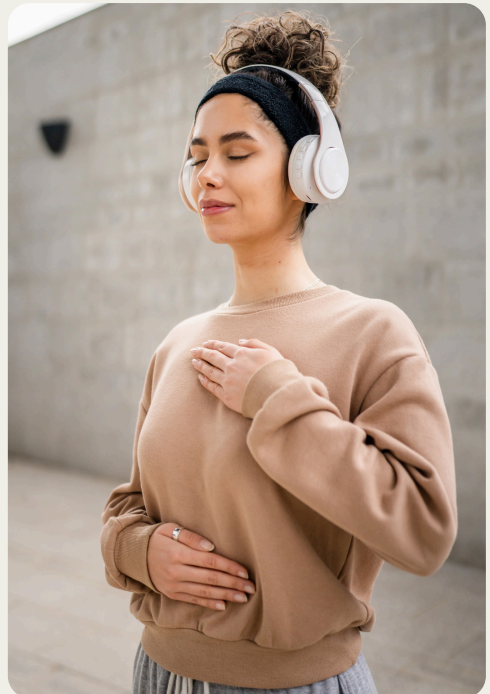
Build stress resiliency with this simple breathing technique

[Check it out here!](#)

Chair Yoga Practice

Follow along with us with gentle stretches & poses to help relieve tension, improve flexibility, & boost circulation, perfect for a quick wellness break at your desk.

[Check it out here!](#)



Mindfulness Exercises for the Workplace

Mindful Listening

Encourage attentive & non-judgmental listening during interactions, fostering better communication & understanding.

Mindful Emails

Suggest taking a moment to review messages for clarity & tone, ensuring effective & positive communication.

Mindful Conflict Resolution

Promote approaching disagreements with a calm & understanding mindset, aiming for constructive solutions.

Check out our resource below on...

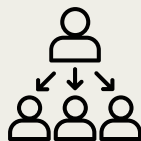
Mindful Breaks



Stress-Busting Tips for Employees

Delegation & Collaboration

Encourage teamwork & delegation to balance workloads & reduce stress.



Setting Realistic Goals

Advise setting achievable goals to avoid burnout & maintain motivation.

Taking Breaks & Mental Health Days

Emphasize the importance of regular breaks & mental health days to recharge.



Connecting with Peers

Foster a supportive work environment where employees can share experiences & support each other.



Promoting Wellness Initiatives

Bring in wellness programs to your workplace: Zumba, yoga, chair massages to educational wellness workshops on stress, burnout & self care.



OUR SERVICES

MAT & CHAIR YOGA



These sessions blend gentle to energizing postures done seated and standing so everyone can participate, feel supported and leave refreshed. Perfect for groups looking to reconnect, unwind and share a feel good experience.

CHAIR MASSAGE



A little relief goes a long way. Chair massage offers quick effective relaxation that helps melt away tension boost circulation and lift mood. Ideal for events where you want guests to feel cared for grounded and recharged.

SOUND MEDITATIONS



Let your group fully drop in. Using crystal bowls gongs chimes and other instruments we create an immersive sound experience that encourages deep relaxation, connection and restoration.

WELLNESS WORKSHOPS

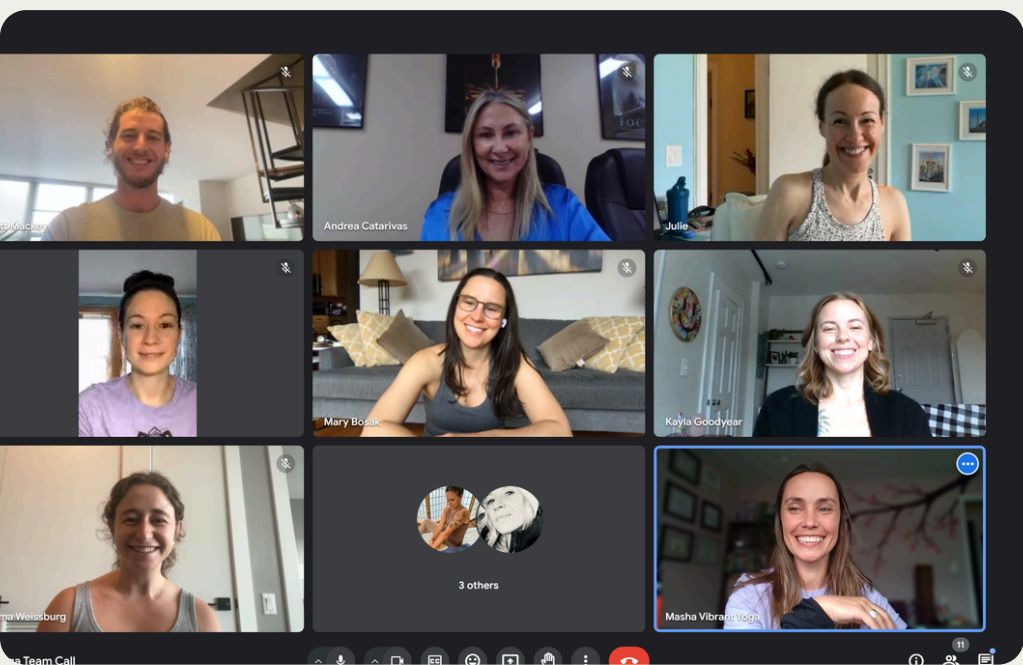


These interactive workshops cover stress management, mindfulness and lifestyle changes in a way that feels approachable, relatable and sustainable. Great for teams and communities who want takeaways that last beyond the event.

ABOUT US

We are a team of leadership development & wellness coaches with a passion for holistic organization success.

Our passion is enabling our clients to succeed more & feel better while doing it, with programming, practical tools & guidance to help them thrive physically & mentally.



Testimonials

Click
Here

Our clients mean everything!

see ALL of our over

80



star reviews



"We partnered with Vibrant Yoga to lead one of our leadership teams through a mindful meditation exercise before a 2 hour training. The experience was fantastic - they helped everyone feel comfortable and not 'awkward', regardless of experience level with meditation. The transition from meditation into training was smooth as well - it really helped us kick off our training in a clear headspace."

Kortney Overzet

Vice President People Development & Culture @ Dober



"During quarterly business reviews, we introduced a group yoga session (in the park), led by Vibrant Yoga, with the objective of starting the day with a healthy body, and a healthy mind. The experience was amazing as our team came together to unwind, stretch, and find inner balance - ensuring the planning day had a wonderful platform to build upon."

Shaun Bossons

Chief Revenue Officer @ Purple

Partnering for Workplace Wellness



At Vibrant Yoga, we are your partner in promoting the well-being of your employees.

Let us help you create a healthier & more productive work environment.

Reach out to us today to explore our customized wellness programs & start your journey towards a happier, healthier workplace!

***Explore our Corporate
Wellness Programs!***

