

Grow plants for employees, give them great food...

Rohit Aggarwal

■ yourviews@sline.com

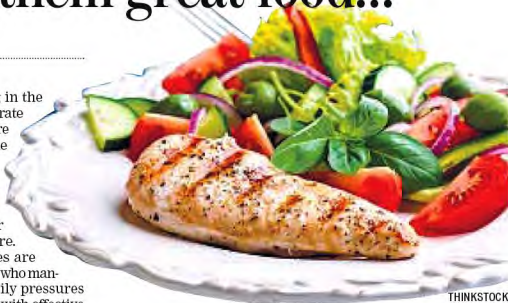
If you are living in the middle of a corporate work culture, there is no escaping the daily deadlines, the late evenings, the tension of grilling presentations and the hair splitting pressure.

Corporate offices are run by employees who manage gruelling daily pressures and yet come out with effective designs and solutions. While this stress and the push of dealing with the competition drives performance and productivity, sometimes it may take a toll on the employees and manifest itself in the form of outbursts.

While the stress cannot be eliminated altogether, corporate houses can take innovative measures to help employees manage it better. By offering simple yet effective outlets to employees, a company can help its workforce remain more focused and motivated. Interestingly, it doesn't take much to prepare such outlets in terms of expenditure or time. All it takes is some insight into the psychology of people and some innovative thinking.

Often, even a little mental diversion or small activities can help release stress. For example, spending a few minutes with an adorable child can do much to relax your tense nerves. Sometimes, a more conscious approach of stress management has to be adopted and practiced to deal with the daily pressures. Some people practice yoga and meditation to relax themselves, others indulge in aerobics. Let's discuss a few innovative ways in which corporate houses can help their employees deal better with stress:

Work on the ambience: How about growing a mini garden inside your office? It may sound far-fetched but it doesn't take too



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- Designate an area to grow plants and flowers to keep employees happy
- Ensure that the office area is flexible where people can move their seats at will
- The canteen can be designed to experiment with different cuisines

much of an effort or expenditure. Designating a small area at the centre of the workplace to growing plants and flowers can keep the employees in a good mood. Research suggests that plants and vegetation help soothe the nerves and relax human beings. Having plants amidst the work area can be stress busting, especially for plant lovers. There can be other ways to make the office ambience more relaxing. Having a small library loaded with popular classics and contemporaries can be a treat for book lovers. Designing the office in a less formal and more casual way can also help. Rather than having strictly designated office desks, the office area can be more flexible where people can move their seats at will, take a stroll whenever they desire or even relax on a bean bag while they work on their laptops. Most

people believe that offices should be more formal, but instituting a more casual approach can be stress busting.

Experimenting with food: So your corporate office has a canteen that dishes out the same old stuff every day, week after week, month after month? Reviving your food court too can be a great exercise in lightening up the moods and relaxing people. Food is an integral part of our daily lives and the diverse it is, the better. The canteen can be designed to experiment with different cuisines so that employees look forward to what's new in the in-house cafe.

Yoga sessions: Yoga and meditation are known as great stress relievers. Learning the practice will not only help your employees keep up their physical fitness but will also help relax their minds. The employees may initially find it undesirable but most will slowly convert to the idea. You can also begin with desktop yoga sessions.

Having a gym at the workplace: Most employees find it hard to balance work with other essential activities like exercising daily. Having a gym, or a therapist at your workplace will encourage every employee to spend half-an-hour there after work every day. Exercise is not just a physical boost to the body, it is also a great stress buster. It helps improve blood circulation, relax the mind, strengthen the body and stimulate the muscles. A workout session every day after work can help workers deal with their daily stress in office.

▶ A MINI GARDEN INSIDE YOUR OFFICE, A LIBRARY WITH POPULAR CLASSICS AND A CANTEEN WHERE EMPLOYEES CAN EXPERIMENT WITH DIFFERENT CUISINES, CAN HELP KEEP EMPLOYEE'S HAPPY

ROHIT AGGARWAL

The author is CEO Koenig Solution Ltd