

Select from the strategies listed here and utilize the action plan (attached) to formulate a timeline for when specific tasks need to be completed, who needs to complete the tasks, and determine what resources are required.

- Allow employees to listen to their choice of music and personalize their workspace
- Provide seating arrangements to facilitate communication and collaboration among employees
- Allow employees to volunteer in the community on paid time
- Offer a sports team for employees or host social events (at least annually)
- Provide a “Zen,” comfort, relaxation room or a “no work” zone
- Give employees access to:
 - Sunlight, natural light
 - Nature inside (e.g. plants)
- Ensure employees have uninterrupted meal breaks
- Allow managers to redesign employees work to improve fit or decrease stress

