

Supporting Positive Mental Wellbeing in the Workplace

Mental health issues can affect one in four people over the course of their lives and can significantly affect employee wellbeing. The design of your work environment can be hugely influential in promoting wellbeing. Here are our top tips for creating a healthier work space.

The basics

- Access to good quality natural light
- Space has compliant and controllable heating and ventilation



Ensure M&E systems are well maintained

- Hot, dry air can increase the risk of infection and subsequent health problems
- Excessive heat encourages tiredness and lack of concentration



Be Active in workplace

- Remaining sedentary is a major contribution towards illness
- Encourage staff to get up from their desks at least once an hour
- Encourage the use of stairs over lifts



Imaginative meeting spaces

- Providing a variety of work spaces and furniture to support collaborative and interactive working (seated and standing)



Contemporary Furniture

- Adjustable standing desks provide the option to sit or stand whilst working



Access to green spaces

- When looking for new accommodation, consider how easy it will be for staff to access green space and fresh air during their breaks
- If there is no access to outside green space, consider enhancing the office with plants



To discuss finding a workplace with employee wellbeing in mind, please contact Hicks Baker for more insight/advice.

Contact Dominic Faires – Director Business Space

0118 955 7092 d.faires@hicksbaker.co.uk

www.hicksbaker.co.uk



TRANSACTION



MANAGEMENT



ADVICE