

4 COMMON CHALLENGES FACED DURING THE WORKDAY (AND HOW TO TACKLE THEM)

The how-to guide for fostering employee success through challenging times.



INTRODUCTION

THE GOAL OF THIS GUIDE

The workplace can be a complex environment filled with daily stressors, creativity blocks, and even the inability to sit down, zone in, and focus. For employers, it is important to acknowledge these common challenges in order to foster employee success and create a more productive and happy workplace.

As an employer, you have a responsibility towards your staff members – creating an environment where people can thrive is essential not just for individual success but also team success! Taking proactive steps towards tackling these common workplace challenges will help ensure your teams reach their full potential – leading your business towards greater heights! Investing in resources & training can go a long way towards achieving this goal, starting with implementing our advice. Let's look at four common workday challenges and how to tackle them for the best possible outcome.

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Life has been hectic and I've had some anxiety from issues at work. Taking the time for me and just relaxing and simply breathing really seems to settle me down. I enjoy this app, very user-friendly!



CJStephens

Breathwrk Testimonial

STRESS

THE SILENT PRODUCTIVITY KILLER

Stress is an inevitable part of life in the workplace. There are deadlines to meet and goals to achieve, which can lead to high levels of stress amongst employees. Employers should provide stress management training that outlines coping strategies that employees can use to manage their workloads and reduce their stress levels. This may include simple breathing exercises through the Breathwrk app, mindfulness activities such as yoga or meditation classes, educational workshops on healthy eating habits or better time management strategies, or providing access to a confidential employee assistance program (EAP) that offers counseling services.

Employee wellness programs are another great way to promote a healthier work environment and reduce stress levels among your staff. These programs can include safe exercise programs, health screenings, nutrition counseling, smoking cessation classes, financial planning advice, and much more! Investing in these types of employee wellness initiatives not only shows you care about your team's wellbeing but can also provide tangible benefits like improved employee performance and lower healthcare costs over time. Breathwrk for Business is one example of a great employee wellness plan feature that can get employees active and involved in creating healthy habits.

PRO TIP :

Breathwrk Pro offers a variety of different breathing exercises with specific goals in mind that can help to combat stress in as little as 60 seconds.

Try one of these breaths to alleviate stress quickly In between meetings:

- Anxiety Ease
- Alleviate
- Stress Relief
- No Worries



CREATIVITY

IT'S TIME TO SNAP OUT OF THAT CREATIVE RUT

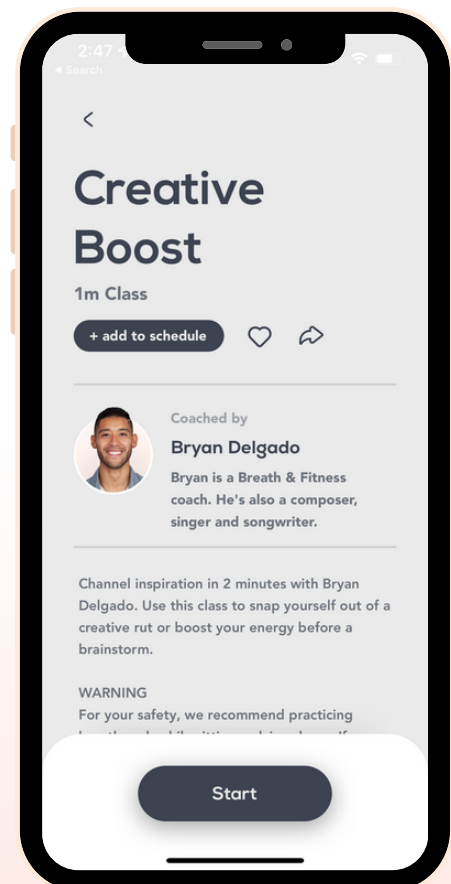
Creativity is essential for finding innovative solutions in the workplace and staying ahead of the competition. To foster a creative culture in the workplace, employers should encourage employees to take risks without fear of failure. This includes dedicating time for brainstorming sessions among team members and providing resources such as access to industry experts or seminars on emerging trends in their field of work. It also means ensuring that everyone has a voice regardless of their seniority level so that all ideas are considered when making decisions.

Here at Breathwrk, we try to have monthly, all-hands brainstorming sessions across all disciplines such as marketing, product, tech, PR, and sales, keeping track of everyone's ideas in a shared doc that is accessible to everyone. We find that creating a safe space for all employees to speak their mind and offer ideas, feedback, and even constructive criticism is key to keeping creativity flowing day-in and day-out. Give it a try at your upcoming stand-up.

PRO TIP :

In our Pro membership, we offer a quick, 1-minute class specifically for boosting creativity.

By providing your employees with Breathwrk Pro access through our Breathwrk for Business program, they can quickly dive into our coach Brian Delgado's "Creative Boost" class when brainstorming, so they can bring new, fresh ideas to the table.



FOCUS

ZONING IN AND EXECUTING

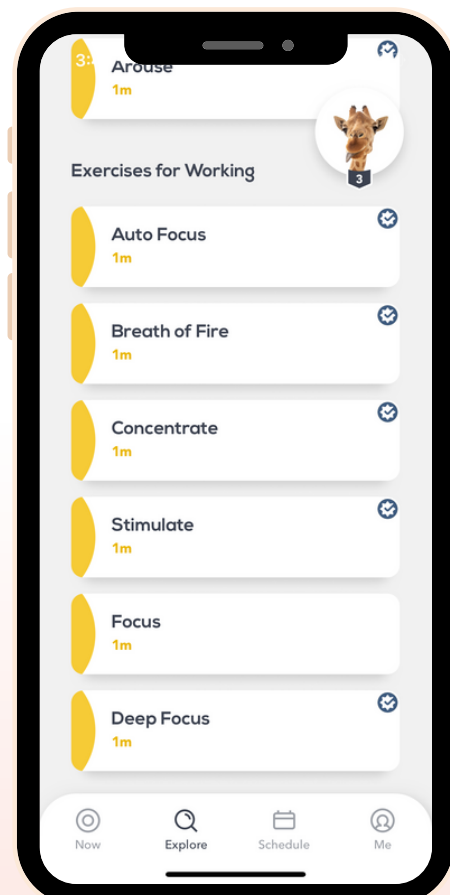
With ever-growing workloads and competing priorities, it's easy for employees to become distracted and lose focus on the task at hand. Employers should create an atmosphere where employees feel comfortable taking breaks throughout the day when needed, such as getting up to stretch or taking a walk outside during lunchtime, instead of working non-stop until everything is done at once (which usually results in poor quality work).

Additionally, offering flexible working hours can help employees manage difficult tasks more efficiently since they will have control over their own schedules instead of feeling rushed through tasks due to rigid timelines set by managers. By allowing your workforce to step out when needed and recharge, you are not only paving the way to improving their mental health, but are also giving them the space to clear their minds and come back into the office ready to take charge and refocus on their tasks.

PRO TIP :

Encourage your employees to test out the "Exercises for Working" section of Breathwrk Pro when they are losing focus and need a quick boost to stay on task. There are so many great breaths to choose from:

- Auto Focus
- Breath of Fire
- Concentrate
- Stimulate
- Focus
- Deep Focus



RELAXATION

USING THE POWER OF LETTING GO AND UNWINDING TO YOUR ADVANTAGE

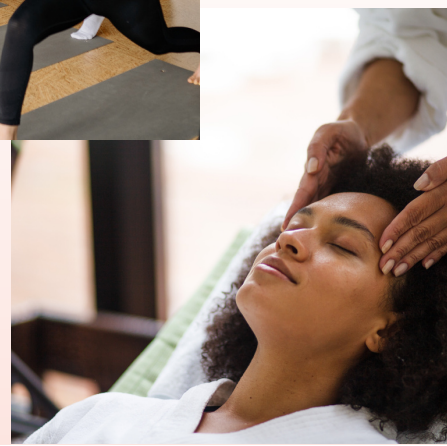
In any work setting, it's important that everyone is able to stay calm under pressure in order for operations to run smoothly. To achieve this goal, employers should invest in tools such as noise-cancelling headphones or desk dividers so that employees have a quiet space away from distractions when dealing with stressful situations. Additionally, providing occasional mental health days off ensures that employees feel supported when they need some time away from work due to personal issues or mental fatigue brought on by long hours spent on projects or assignments without proper rest time between them.

Creating a relaxed atmosphere and incorporating fun activities into your weekly schedule can help break up monotony during long days and provide an outlet for your staff to blow off steam after stressful projects are completed. Whether it's having in-house yoga or breathwork classes and massage sessions or organizing team building activities like escape rooms or game nights, giving your staff something fun and unique will help reduce tension, avoid burnout and fatigue, and create camaraderie among coworkers while creating lasting memories they can look back on fondly when times get tough at work again later on down the line.

PRO TIP :

On top of our Relaxation library, with Breathwrk Pro, we even have a whole library of "Exercises for Staying Calm at Work," so your employees can test all of them out and choose their favorites. These include:

- Pre-Meeting Jitters
- Sunday Scaries
- Post Meeting Cool Down
- Panic Button
- Brain Fog I

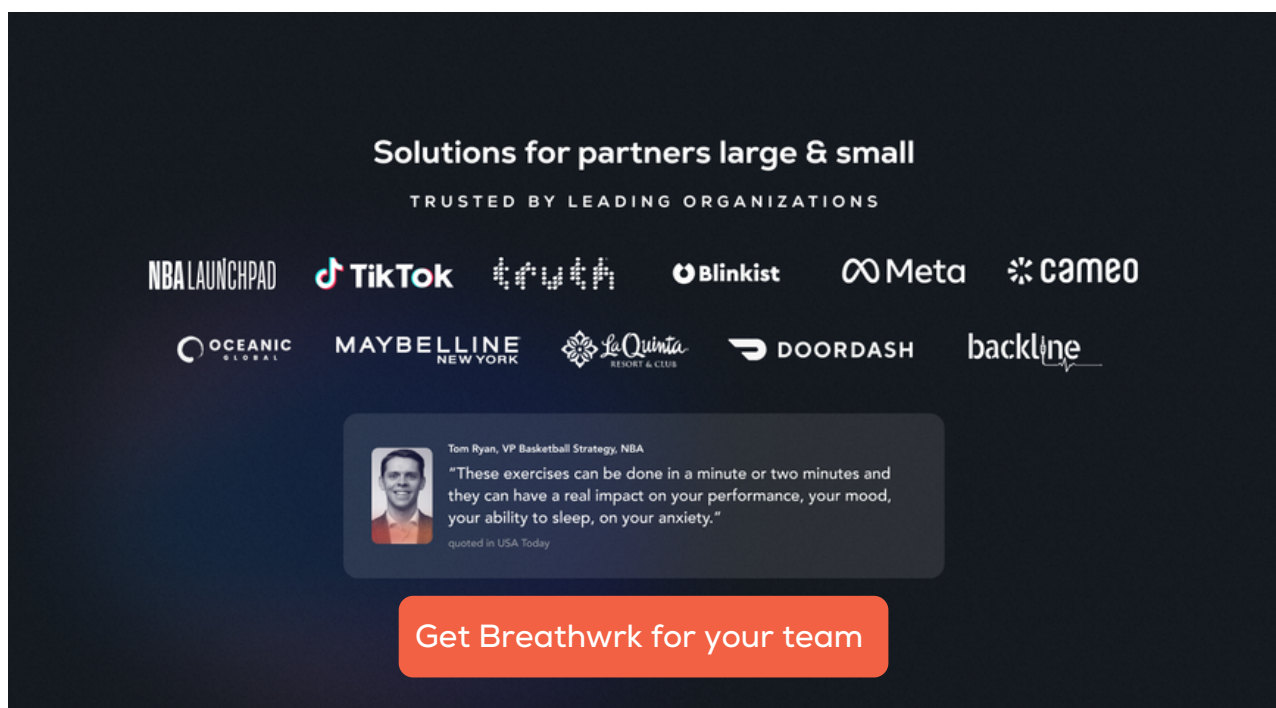


CONCLUSION

FOSTERING AN IDEAL WORK ENVIRONMENT

Navigating the ups and downs of everyday life in the workplace can be tricky but ultimately rewarding if done correctly! By creating a culture where employees feel supported by their colleagues and managers; encouraging creative thinking; implementing flexible work hours; providing stress-relieving resources; encouraging regular breaks throughout the day; developing a well-rounded employee wellness plan – these simple steps will go a long way towards helping your team navigate the challenges that come their way in a typical work week. Investing in health resources & training can go a long way towards achieving this goal!

See how an employee wellness solution like Breathwrk for Business can do wonders for improving employee morale and productivity in your organization by helping to reduce stress, foster creativity, improve focus, and increase relaxation among your workforce. Get a customized plan by booking a consultation today.



Solutions for partners large & small

TRUSTED BY LEADING ORGANIZATIONS

NBA LAUNCHPAD TikTok growth Blinkist Meta cameo

OCEANIC GLOBAL MAYBELLINE NEW YORK LeQuinta RESORT & CLUB DOORDASH backline

Tom Ryan, VP Basketball Strategy, NBA

"These exercises can be done in a minute or two minutes and they can have a real impact on your performance, your mood, your ability to sleep, on your anxiety."

quoted in USA Today

Get Breathwrk for your team