

# STRESS MANAGEMENT: TIPS AND TRICKS

Allegro Coaching

Stress, It is the number one growing topic and issue within the world of wellness. A huge question we get at Allegro Coaching from our partners is HOW do I actually help my team feel less stressed? What can I really do?

These 9 tips and tricks are designed to give you ideas of where to start strategically attacking the issue of stress for your employees. Some of these ideas are organizational and systematic whereas others are less so.

Note: Many of these recommendations comes from a well respected organization within workplace wellness, WELCOA.



# Stress Management

1

Create a "stress recess." Set up a short walking route and post signs along the route asking people to mentally check in with how stressed these feel on a scale of 1 to 10. If it isn't lower by the end, take another lap!

Offer meditation. This can be onsite and guided. However, check out the meditation apps list for some fantastic offerings that employees can take home as well as Allegro's own collection of guided meditations.

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Share foods that help with bad moods. Yes, food can affect your mood. A dietician can help you choose some mood-boosting foods but healthy food with complex carbs can boost serotonin levels.

Progressive Muscle Relaxation (PMR) helps with overall body relaxation. This works by tensing and relaxing muscle groups in a cycle that allows muscles to fully relax.

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Offer on-site massage. Check out the infographic on all the benefits of massage. However, this modality of helping manage stress is greatly appreciated by employees and truly does help!

Lessen your stress room. Equip the room with posters infographics (check out the ones we've made for you!). You could provide a jump rope, stationary bike, hang fitness posters with aerobic ideas or have games and activities like puzzles or cards to give employees the mind and body break they need throughout the day

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Encourage employees to focus on their sleep. One in three people struggle with sleep. Consider your next wellness challenge to include sleep or sleep-related prizes (i.e., pillows or cozy blankets). Post infographics on the importance of a sleep routine or just simply talk about it!

Offer onsite classes and workshops on restoration. This can come from Allegro Coaching or other health and wellness professionals however, education is a great place to start when developing a true self-care plan.

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Express the benefits of mindfulness. Remaining present is a crucial way to attack stress and avoid a mental spiral. Simply discussing mindfulness around the office is a great start!