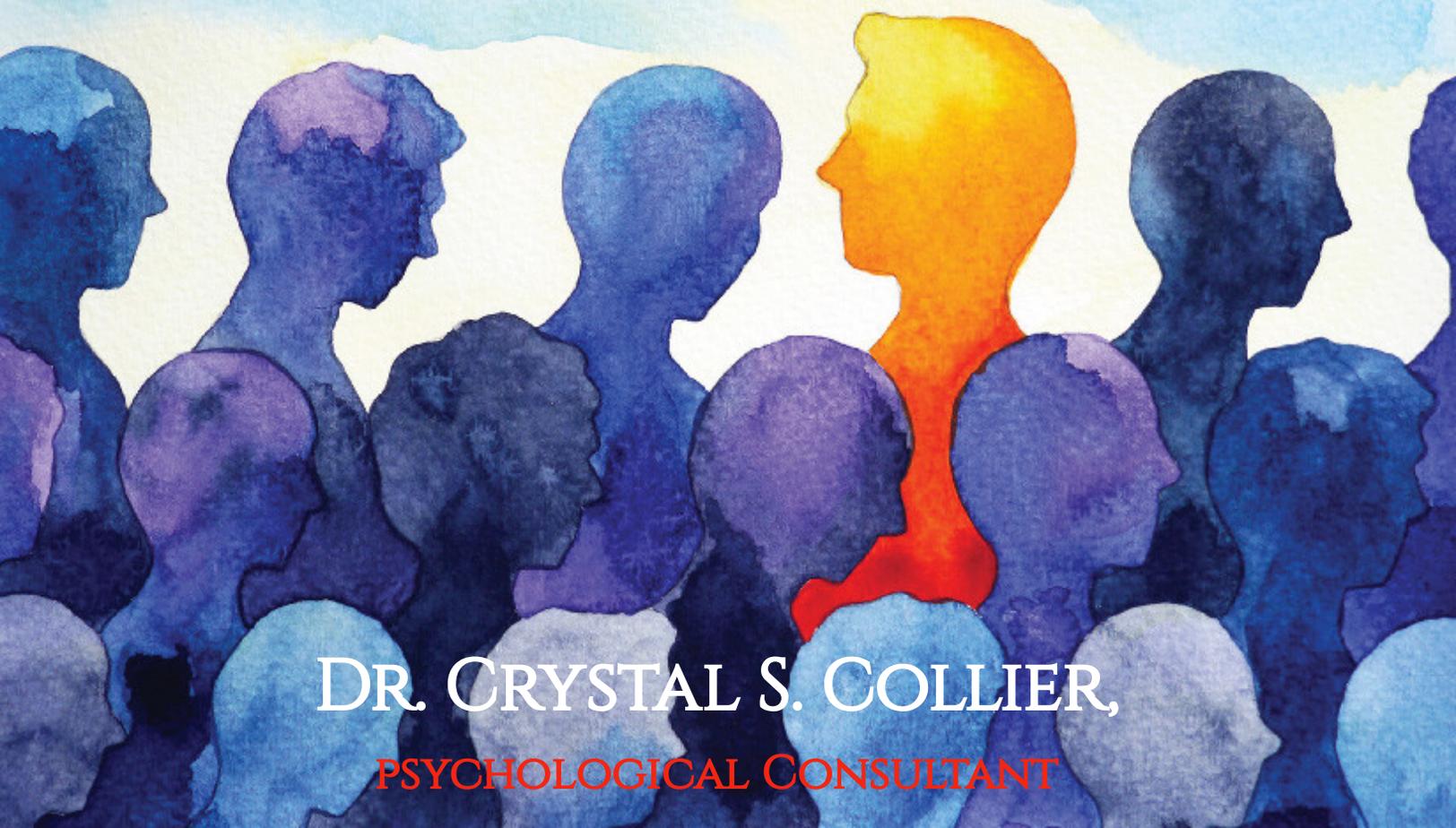


# DIVINE TRANSFORMATIONAL SOLUTIONS

6 Ways to Help Your Employees  
Decrease Stress and Increase  
Productivity

A watercolor illustration of a crowd of people's heads and shoulders in profile, facing right. The colors are various shades of blue, purple, and dark blue. One person in the center is highlighted in bright orange and yellow, standing out from the rest of the crowd.

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**LOW LEVELS OF PRODUCTIVITY AT YOUR WORKPLACE CAN AFFECT EMPLOYEE MORALE, HINDER EFFICIENCY, AND AFFECT PROFIT MARGINS. UNFORTUNATELY, LOW LEVELS OF PRODUCTIVITY ARE OFTEN THE RESULT OF A NUMBER OF INTERNAL ISSUES THAT IMPACT YOUR EMPLOYEES' STRESS LEVELS AND REQUIRE YOUR IMMEDIATE ATTENTION.**

If you would like your business to employ highly motivated and high-energy level employees then investing in the workplace atmosphere and facilities will help and will reduce work-place stress significantly. Research confirms that if your employees are stressed then that will cost you even more money in missed workdays and increased on-the-job injuries over both the short term and the long term.

In addition to the negative repercussions of having stressed out employees, your business may be experiencing lower productivity and poor quality of output. There are clear cost effective strategies that can minimize stress on the job and provide your employees with opportunities to reduce other stress related problems.

Below is a list of 6 ways in which you can help your company reduce employee stress while increasing the output of your business:

## **1: PROVIDE AN ATTRACTIVE AND COMFORTABLE WORK ENVIRONMENT**

Pleasant surroundings can do more for a person's attitude than we often realize. Create a less formal atmosphere by adding plants or improved decoration, even if that is just in a rest room it will help.

## **2: CREATE A QUIET, RELAXING EMPLOYEE LOUNGE**

This room should be separate from the normal "hustle and bustle" of the work-place. It will give your employees an opportunity of a quick 10 minute break from work and any work related stress that they may be experiencing.

## **3: INCREASE OPPORTUNITIES FOR EMPLOYEE DECISION-MAKING.**

Instead of giving orders 100% of the time try to create opportunities for employees to make decisions that will directly affect their job performance. This gives them a sense of personal power and less stress because they feel they have some control.

## **4: DEMONSTRATE EMPLOYEE APPRECIATION**

Thank your employees for work accomplished and recognize them for exemplary performance. A quick thank you will go a long way in reducing complaints and stress. Be genuine and only show appreciation when employees have performed well on their job duties otherwise you will be rewarding sub-standard activities.

## **5: PURCHASE QUALITY OFFICE FURNITURE AND EQUIPMENT**

Always choose ergonomically sound equipment, tools, and furniture. These will make work easier for your staff, reduce workplace injuries and therefore limit any compensation claims. In addition to the reduction in workplace stress, staff will be equipped with the correct tools and therefore, be more productive.

## **6: INCREASE EMPLOYEE SOCIAL INTERACTIONS**

Go out of your way to create opportunities for the employees to meet, socialize and build relationships away from work. Set up a bowling team that plays once a week or maybe a softball team, or even a book club, for employees only.

When staff realize you have their interests in mind and are doing all you can to improve working conditions they will respond and you will see an improved atmosphere and productivity.

# DIVINE TRANSFORMATIONAL SOLUTIONS

Divine Transformational Solutions specializes in the design and delivery of resources for everyone. We can help develop the interpersonal effectiveness of leaders; help to create healthy and positive teams; and increase resilience and mental health awareness within yourself, organization, church or business. Our programs provide practical and solution-focused strategies for improving wellbeing and mental health.

Whether we are working one on one or in a large group, our programs are designed to decrease the stigma associated with mental health and address a wide range of topics ranging from current mental health issues to programs designed to inspire and encourage the development of leadership and management skills, Divine Transformational Solutions can provide the support needed to reach your true potential and allow you to live your best life.

We utilize our extensive experience and the latest research to create experiences that are relevant and interactive, while always having a healthy dose of humor. In addition to training, we provide coaching and consultancy services to help you transform your life, church, organization or business.

We look forward to working with you to change the narrative related to mental health and, ultimately, creating stigma-free environments for us to address our mental health needs along with our physical health needs.