

Live Well, Work Better

A happy worker is a productive worker. Sadly, there are so many stressors in our daily lives that “happy workers” are becoming an endangered species. So, what’s happening when we aren’t feeling well in the workplace?

The National Institute of Health and Care Excellence reports “13.7 million working days are lost each year in the UK because of work-related stress, anxiety and depression, costing £28.3 billion yearly.” And “23% of adults say that work causes them stress.” (CIPHR)

On top of that, new data is showing the UK is now losing more working days to flu, cough and cold-related infections than Covid-19. In the week to Nov 28 2022, 1,043,965 working days were lost across the UK to “cough, cold and flu,” at a cost of £143 million to the economy, according to figures from Goodshape, an employee wellbeing and performance analysis company.

What can we do to fight this?

How can we improve overall well-being in the workplace?

How can we save the “happy worker”?

Self-care is becoming the new health care, but with so many options out there how do you choose what is best? Let alone what level of commitment you need to put in. It can be another headache and stress just trying to figure that out!

I’ve done the hard work and have the option for you!

Halotherapy!! And here’s how it can benefit you and your workplace.

For just 20-30 minutes you sit back, relax, and take a mental break as you benefit from microparticles of salt (pharmaceutical grade sodium chloride).

How does sodium chloride help?

Well, in a room pumped full of air loaded with sodium chloride, it has the ability to remove up to 99.97% of all the airborne particles that cause negative effects on your health. The salt is negatively charged and has the natural power to attract and bind positively charged particles to it. The neutralising forces of salt also help to cancel out positive charged and harmful electromagnetic vibrations in our environment (*Electrosmog).

Halotherapy's de-stressing and relaxing effects is also beneficial for calming the nervous system. Taking time to focus on your breathing in this environment helps to increase the supply of oxygen to your brain and stimulates the parasympathetic nervous system, which promotes a state of calmness.

People who have enjoyed salt therapy sessions have often compared it to being at a spa. Those that suffer from anxiety have claimed it helps to:

- Improve Mood
- Increase Mental Performance
- Boost Relaxation
- Relieve Stress
- Improve sleep

Combine the above with other benefits of halotherapy such as helping to boost the immune system and reducing inflammation, one would have to say it almost sounds too good to be true!

Well, if you are in any doubt, then why not give it a try yourself?

If you are interested in offering workplace wellness solutions, then you should consider Halotherapy as one of the top options!