



Get energized by these real-life wellness rooms.

OFFICE SANCTUARIES HAVE THE POWER TO RESTORE EMPLOYEES' SPIRITS.

**Wellness rooms are increasingly common in the workplace.
But “wellness” means different things — from yoga
to coloring books — in different offices.**

Check out these wellness rooms at companies like Salesforce
and Zappos — and get inspired to add one to your organization.





A wellness room can provide **PEACE.**

Salesforce offices in San Francisco, London and elsewhere offer “mindfulness zones,” designed to mimic a Japanese tea house.

The zones are designated as tech-free, which means you have to put your personal devices in a bin before you enter.

“We wanted a dedicated space where you can break away from distractions and really focus on yourself,” a Salesforce spokesperson says.

A wellness room can be **HEALING.**

Taking help line calls at the Alzheimer's Association's home office in Chicago isn't easy. Callers are often in crisis, and employees are responsible for providing compassion and solutions.

Sometimes, it becomes overwhelming.

Enter the "retreat room." Inside, there's a plush sectional, a collection of magazines on everything from food to fashion, coloring books and white noise machines for ambient sound.





A wellness room can inspire **CREATIVITY.**

One of the call center employees at the Alzheimer's Association uses the retreat room as an origami studio. She has even taught co-workers the art form.

“Folks can do whatever makes sense for them,” says Ruth Drew, director of information and support services. “Some people put their earbuds in and do some deep breathing. Some people bring a yoga mat and do stretches.”

A wellness room can allow **REST.**

At Zappos headquarters in Las Vegas, the “nap room” features reclining massage chairs inside a custom-built aquarium.

“Dozens of studies have shown that employees who have a chance to take a quick power nap tend to be more alert during the day, make better decisions, are more creative and tend to make fewer mistakes,” says Bhawna Provenzano, director of employee benefits and diversity.





A wellness room can create **COMMUNITY.**

The mindfulness zones at Salesforce are a jumping-off point for employees to learn meditation. While you can't bring your own electronics inside, the rooms are stocked with iPads featuring guided meditations.

Employees have formed a group called Sitforce that organizes meditation retreats. And at its annual conference, Dreamforce, the company brings in monks from France to lead a day of mindfulness for all employees.

A wellness room can give **COMFORT.**

Where can you truly unwind and feel comfortable? At home.

Outbrain has cultivated that feeling in its wellness room in New York. With soft lighting and cozy furniture, the space is meant to resemble a living room.

“It gives them the ability to break away from your typical work area and enjoy a comfortable space,” says Toni Macri, business partner, people and culture.



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