**Would Your Workplace Benefit From an Office Meditation Program?**

Many innovative companies are looking for new, effective ways to boost employee wellness. The [power of mindfulness](https://info.totalwellnesshealth.com/blog/tap-the-power-of-mindfulness-free-guide) has been on the rise for many employers that are looking to help [improve productivity](https://info.totalwellnesshealth.com/blog/sneaky-ways-to-feel-more-productive-at-work), boost mental-wellbeing, and reduce some stress in the workplace – and for good reason. Research has shown how practicing mindfulness on a regular basis can train your brain to better process emotions, stress, and help you focus on the present moment.

One of the most popular ways to practice mindfulness is through meditation. Meditation is a mind-body practice that’s been used for centuries to promote calmness, improve physiological balance, and improve overall health. There are many studies that have demonstrated how beneficial regular meditation can be on the mind and body. Which is why more and more companies are starting to offer a meditation program for employees.

If your workforce deals with [stress](https://info.totalwellnesshealth.com/blog/are-your-employees-stressed-out), emotional health issues, or [low morale](https://info.totalwellnesshealth.com/blog/6-easy-ways-to-boost-employee-morale), you’ll likely benefit from implementing a meditation program. Meditation programs have a lot of amazing health and wellness benefits that will have a positive impact on your employees. Let’s take a look at some of the powerful benefits of implementing a workplace meditation program:

**Stress relief.**

Workplace stress affects most employees. In fact, according to the [American Institute of Stress](https://www.stress.org/workplace-stress/) (AIS), 80% of workers feel stress on the job, and nearly half say they need help in learning how to manage stress. When stress is left untreated, it can lead to chronic stress or [burnout](https://info.totalwellnesshealth.com/blog/heres-how-to-spot-burnout-in-the-workplace-and-what-to-do-about-it). Both of which have many physical and mental health consequences. Meditating is a simple way to quickly reduce stress and tension in the workplace. Just a 10-minute meditation break can help employees clear their minds and feel more relaxed.

**Work relationships.**

Social interaction and [work relationships](https://info.totalwellnesshealth.com/blog/how-your-work-relationships-impact-your-health) are important aspects of employee health and wellness. Practicing meditation together as a group is an easy way to promote social interaction and a sense of unity. Plus, practicing mindfulness has been said to help improve a person’s ability to manage healthy relationships by fostering a more positive outlook and attitude.

**Immune system.**

If you want a healthier workforce, implementing a meditation program might be just what you need! Research has found that regular meditation can actually help boost one’s [immune system](https://info.totalwellnesshealth.com/blog/easy-natural-ways-to-boost-your-immune-system). According to an article by [*MindBodyGreen*](https://www.mindbodygreen.com/0-6218/Meditation-Boosts-Your-Immune-System.html), meditation increases electrical activity in the left side of the brain – which helps the immune system act more efficiently and produce more defense cells.

**Decision-making.**

Because meditation helps relieve built-up stress and tension, it can help boost employees’ decision-making skills. Practicing mindfulness teaches the brain to better focus and concentrate on the present moment – which can help them make more rational decisions.

**Mental wellbeing.**

[Studies](https://nccih.nih.gov/health/meditation/overview.htm) have found that meditation can help decrease feelings of [anxiety](https://info.totalwellnesshealth.com/blog/feeling-anxious-reduce-anxiety-naturally-with-these-quick-remedies), depression, and emotional exhaustion. This [study](https://www.researchgate.net/publication/229481438_Comparison_of_Psychological_and_Physiological_Measures_of_Stress_in_Health_Care_Professionals_during_an_Eight-Week_Mindfulness_Meditation_Program) highlights the effects of an eight-week mindfulness meditation program on healthcare professionals. The program had a positive impact on the participants’ moods, empathy, and stress levels.

**Resiliency.**

Mindfulness helps build resiliency. Hosting an onsite meditation program can help build a more resilient workforce. Teaching stress coping and management skills, such as daily meditation, helps employees learn how to effectively deal with emotional triggers or stress in the workplace.

**Memory.**

Research found a link between meditation and memory. According to an article published by [*Memory Improvement Tips*](https://www.memory-improvement-tips.com/meditation-and-memory.html), “meditation directly affects the function and structure of the brain – changing it in ways that appear to increase attention span, sharpen focus, and improve memory.”

**Leadership.**

Besides the positive impacts that regular meditation has on employees, employers will benefit from participating, too! By increasing self-awareness, emotional intelligence, and positivity, meditation can make a huge impact on your presence in the workplace and help you become a better leader for your team.

Now that you know about all of the awesome benefits a workplace meditation program has to offer, let’s talk about how you can implement one at your company:

**Get your employees on board.**

There’s no sense in starting a meditation program if your employees won’t participate. Promote the idea by sharing educational resources about the benefits of meditation. Explain to your employees why you think a meditation program would help boost company culture, employee wellness, and improve work performance. Consider offering [an incentive](https://info.totalwellnesshealth.com/blog/finding-the-right-wellness-incentives-to-motivate-your-employees) for employees to get started.

**Figure out the logistics.**

It’s best to work with a professional if you want an organized, structured program. Hiring a meditation teacher to lead the program is your best bet if no one at your company has any experience with meditation. However, if you don’t have the resources to hire a professional, you can certainly lead group meditation without the help of a professional or agency. Group meditation can be done anywhere in your office that has a quiet space. You can follow guided meditation videos or have an experienced colleague lead the sessions.

Determine the frequency of sessions based on the needs, schedules, and desires of your employees. For some workplaces, one, 30-minute meditation session per week might work best. For others, a daily, 10-minute session might work best. Work with your employees to determine a consistency that is convenient and effective.

**Ask for feedback.**

At the end of the first week of your meditation program, ask employees to fill out an anonymous survey about the program. Leave some room for open suggestions as well. Collecting feedback will help you adjust your program to fit the needs and wants of your employees. Remember, it’s never a one-size-fits-all program!

Regular meditation can help boost work performance, cultivate a [positive culture](https://info.totalwellnesshealth.com/blog/7-tips-for-promoting-positivity-in-your-workplace), and improve employee wellness. Plus, it’s an easy way to help bring your team together and relieve some stress. If you believe your employees could benefit from a daily dose of zen, implement a meditation program at your company!