

How Yoga Naturally Improves Work Satisfaction

Yoga in the workplace not only lowers stress levels, but it also boosts positive work relations and reduces days lost due to illness. But did you know that participating in a yoga class during work hours also improves work satisfaction? According to one survey, more than 53% of corporations are adding yoga classes in-house to take advantage of the many benefits yoga offers—happy employees are just good business.

Beats Stress

Studies show that the one major reason for work dissatisfaction is high-stress levels. Too much stress makes employees susceptible to illness and injury, not to mention sleep deprivation, which lowers mood and motivation. Being stressed out all the time means we make more simple mistakes and are less engaged in tasks, which is obviously part of work satisfaction. Completing a few basic yoga poses and breathing exercises daily can lower stress naturally.

Lessens Physical Ailments

Anyone who has ever worked an office job knows how staring at a screen all day while sitting at a desk negatively impacts motivation and focus in a variety of ways. Yoga gives our bodies a chance to move and stretch to keep us active and fit and keeps the tight neck and shoulders at bay, increasing our morale in the office.

Improves Focus

Daily work stress and long hours can cause us to lose our concentration and be distracted by unimportant tasks. Doing short, easy meditations and deep-breathing yoga exercises can quiet the noisy voices in your head that keep you anxious and overwhelmed. These simple techniques improve and regulate oxygen in your bloodstream, making you more alert, focused and happy.

Relieves Fatigue and Improves Energy

As our work hours grow longer, it becomes almost impossible to not succumb to fatigue and burnout. We might not even be aware how much stress and not enough downtime impact our energy levels, not to mention our zest for living. By adding a few yoga poses and quiet meditation time to our day, we can lower fatigue, raise our energy level and our mood. This means more work satisfaction and general happiness with our lot in life.

Enhances Mood and Attitude

You just can't help but feel happier when you are less stressed, more energized and more creative—it all goes hand in hand. And yoga provides this for everyone. The practice of yoga has lasted for millennia for a reason. It provides mental, emotional and physical benefits in just minutes a day. Spending your breaks enjoying stretching and breathing exercises can do wonders for your work and personal life by improving your mood and attitude.