



# 6 SIGNS OF A STRESS-FREE WORKPLACE

## 1. Positive Ambiance

A happy workplace exudes positive energy. Instead of showing off their grumpy faces, staff in these companies chat and laugh while they work.



## 2. Clear Communication

In a stress-free workplace, communication is free flowing. Everybody is open and willing to share important details. Above all, they know what goes on the work front.

## 3. Low Staff Turnover

Employees who love their workplace will never think of leaving it. They are happy with their working time and the company's management system.



## 4. Opportunities to Grow

Besides offering opportunities to advance and grow, employers in a happy workplace support and push their workers' creative capacity. Managers in such firms instill leadership skills in their staff by delegating vital tasks, leveraging their talents, and seeking their inputs.

## 5. Supportive Colleagues

Employees in a stress-free workplace are happy when new people join their team. When somebody applies for a promotion, both the team leaders and the group support the decision.



## 6. No Gossiping

Employers and employees working in a happy workplace hate gossiping. They prefer openly discussing their views with their peers to talking behind their colleagues' backs.

## STRESS FREE WORKPLACE STATISTICS YOU SHOULD KNOW

- A stress free workplace makes employers take 10 times fewer sick days than unhappy, stressed bosses.
- Stress-free workers are 12 percent more productive.
- The brain works much better when workers are positive.
- Salespeople in a stress-free workplace produce 37 percent greater sales.
- Stress-free firms with happy workers outdo the competition by 20 percent.