

Managing Stress at the Office...Yoga Anyone?

Posted by: Aili McConnon on May 01



Work stress is at an all-time high, morale is at an all-time low and most managers are trying to get more work done with fewer resources. Managers from the United States, Australia and Ireland reported the highest levels of stress among their teams (48%), according to a new study from Robert Half International, one of the oldest and largest temporary staffing companies. RHI surveyed 4,800 hiring managers in finance and human resources in 21 countries.

Deloitte Consulting has one interesting solution: yoga. I attended a class recently in their World Financial Center office where half a dozen Deloitte employees practiced breathing exercises and downward dogs in a conference room where Deloitte runs business meetings during the day.

Deloitte started offering yoga classes to employees in four locations in the Northeast last year when the economy started to tank. Now several other offices want office yoga too and the firm is setting up additional classes. In April, the company started offering other courses in relaxation: stress management lunches in eight cities. In May, Deloitte will run the lunch workshops in an additional eight cities. Employees learn how to assess their stress level and develop new relaxation techniques.

Cathy Benko, Deloitte's chief talent officer, says these programs are an inexpensive way to encourage office bonding. "When people feel more satisfied and more connected to their employer and each other, they're more productive."