



# HEALTH = WEALTH

SIGNAL BIZHUB  
NOVEMBER 2021



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# This month at the BiZHUB...

...we've been exploring the best ways to maintain your own wellbeing whilst keeping a business focus.

As a business owner, you're likely to be under stresses and pressures, but as the centre of your business, it's crucial you take time to consider your own wellbeing and the impacts on your business.

In our first session, Cynthia Moore, Mindset Coach, shared her thoughts and advice with her talk, **Beat Stress. Create Balance, Find Time.**

Cynthia posed some great questions with some real topics for discussion to help you to identify when you need to step back, how to manage your time, and understand the pressures on your own wellbeing.

Do you suffer from Ants - automatic negative thought patterns?  
If so, which of these have you found yourself doing...?

- |   |  |
|---|--|
| <input type="checkbox"/> Binary thinking            | <input type="checkbox"/> Emotional thinking      |
| <input type="checkbox"/> Negative bias              | <input type="checkbox"/> Judgement (guilt/shame) |
| <input type="checkbox"/> Presumptions & assumptions | <input type="checkbox"/> Labelling               |
| <input type="checkbox"/> Catastrophising            | <input type="checkbox"/> Blame                   |

List times when you can:

1. Slow down

2. Create space to challenge yourself

3. Consider what's under your control

4. Determine small actions to move forward

**What are your top 3 priorities for your business?**

**Are these achievable whilst maintaining time and balance?**

**Thinking about your daily routine, what does this look like in a typical work day? Is there sufficient time for all activities and is there time set aside within the work week for you?**

**Reframing your subconscious...**

- Awareness
- Inquire
- Reframe
- Refocus

**Are there any ways you can think more positively about your schedule and do you provide yourself with time for self-improvement?**

# How healthy is your environment?

Doug Johnson from Mesh Energy discussed the effects of the environment we work from with a view to increasing productivity and overall wellbeing. Let's look at some of the ideas and advice he shared...

List your three most important factors for wellbeing at work.

Select your top three:

- Managing stress levels
- Company culture
- Relationships
- Workload
- Work/Life balance and boundaries
- Job security
- Air quality
- Temperature
- Noise levels
- Pleasing workspace
- Lighting
- Ergonomic desk set up
- Active
- Nice Lunch

Is your current space set up to help you achieve these 3 factors?

Other than direct benefits to yourself, do you know of any further benefits to creating a healthier work environment and why it's so important?

What can you do to improve your working environment?

When looking at the flourish model, where can you improve?

#### Objective Parameters:

- Standard comfort health and safety guideline issues
- Thermal comfort
- Noise
- Light
- Air quality

#### Perceptual Parameters

- Choice must be made as to priorities
- Based on energy efficiency and cost
- Health and productivity must be considered too

#### Subjective Parameters

- Access to views on nature
- Daylight
- Colour and image
- Layout and green space

#### Economic Parameters

- Decrease health costs/lost productivity
- Increase asset value/sale price
- Higher rental and occupancy rates
- Productivity, performance prosperity

#### 6 Quick Hacks to Improve Your Environment:

1. Lighting: Fit a dimmer switch and daylight light bulbs
2. Biophilic design: Put some plants in your space!
3. A lick of paint and fittings with some thoughtful colour choices
4. Proper room temperature control: A thermostat and working TRVs
5. Cut out draughts and aim to reduce extremes of heat and cold
6. Noise cancelling: Secondary glazing and soft furnishings

#### Areas You Can Look at to reduce stress and improve wellbeing:

- Lighting, air quality and connection with nature key to feeling of wellbeing
- Thermal stability and humidity important
- Biophilic design (plants can help concur many of these issues in one fell swoop)
- Leads to increased concentration and productivity
- Measure and compare
- Doesn't take much to change! Small steps...

**SiGNAL BiZHUB provides award-winning business support and training for self-employed people and small business owners.**

**BiZHUB members are part of a supportive and collaborative community of people who want to learn, grow and be inspired by each other's success.**

**Our business training and support gives you the tools you need to build a sustainable business. And our nurturing and friendly culture provides members with a supportive environment to develop their business and grow their business and income.**

**Don't do it alone. Join a vibrant local business community to learn and grow together.**

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