

CALM LIGHTING

Use soft, warm lighting instead of harsh office lights. Immediately shifts the mood.



Wall Reflections
How are you feeling today?

Wall Prompts
You deserve this time to reset and recharge.



QUIET ZONE

No calls, no laptops, minimal phone use.



AROMA DIFFUSERS

Introduce calming scents like lavender, eucalyptus, or sandalwood.

Helps reduce stress and promote relaxation.

SOUNDSCAPES

Play soft background music or nature sounds.

Helps people mentally disconnect.



Recovery Space

Creating Your Space to Reset



COMFORTABLE SEATING

Bean bags, lounge chairs, floor cushions, or soft sofas.

Encourages people to physically relax (not just sit upright).



Wall Reflections
What do you need right now?

Wall Prompts
Be in the moment. Pause. Breathe.

NATURE ELEMENTS

Plants, greenery, or even nature imagery have been proven to reduce stress and improve mood.



MINI LIBRARY

Include light, non-work reading such as books, magazines, mindfulness cards.

Encourages a mental break from work thinking.

