



## Creating Supportive Work Environments Through Everyday Products

A workforce that feels supported at work is more likely to be engaged, less stressed and better equipped to handle daily demands. As expectations around work continue to evolve, wellness has become a central consideration for organizations focused on performance, retention and culture.

Research from Gallup shows that employee wellbeing is closely tied to productivity, influencing outcomes that extend beyond morale, including absenteeism, job performance and burnout.<sup>1</sup> At the same time, nearly 60% of employees report that work is a significant source of stress, according to the American Psychological Association, highlighting a growing need for practical, everyday solutions that support health throughout the workday.<sup>2</sup>

Much of workplace wellbeing is shaped by daily experiences. The physical environment, access to food and water, and comfort at the workstation all contribute to how people feel and perform. Thoughtful product choices can help address these factors, creating workspaces that support wellness while enabling employees to stay focused, comfortable and productive.



### Understanding workplace wellness

Workplace wellness is influenced by more than physical comfort alone. It reflects how the work environment supports employees' overall well-being throughout the day. Research and business insights show that wellness efforts are more likely to resonate when they are part of everyday work experiences rather than separate programs or one-time initiatives.<sup>3</sup>

#### Contributors that may affect employee wellness include:

- Environmental conditions, including cleanliness and indoor air quality
- Access to food and hydration
- Opportunities for movement and ergonomic support
- Tools that help reduce stress, fatigue and distraction

When wellness is woven into daily routines and supported through the environment and tools employees use most, it can help support engagement, energy and performance over time.



### Clean, well-maintained spaces that support daily work

Cleanliness plays a meaningful role in how employees experience the workplace. Workplaces that adopt regular cleaning routines have reported decreases in sick-day usage and employees feeling more at ease in shared environments.<sup>4</sup>

#### Products commonly used to support workplace cleanliness include:

- **Disinfectants** for high-touch surfaces in shared spaces such as conference rooms and breakrooms
- Daily-use **sanitizing wipes** that help employees clean desks, devices and shared tools
- Touch-free sanitizer, soap and **paper towel dispensers** to help reduce the spread of germs
- **Air purifiers** that help support indoor air quality by reducing airborne particles and odors

Consistent access to these products helps make cleanliness part of everyday workflows rather than an added task.



## Breakrooms that support nutrition and hydration

Breakrooms continue to evolve into spaces that support energy, focus and balance during the workday. Access to hydration and food options can help employees recharge and stay engaged between meetings and tasks, as staying hydrated is linked with sharper thinking, better decision-making and reduced fatigue.<sup>5</sup>

### Wellness-focused breakrooms often include:

- **Filtered water and hydration solutions** that encourage regular water intake
- **Snack options** that include lower-sugar and nutrient-dense choices
- **Quality coffee and beverage solutions**, that help support focus
- **Functional appliances** such as refrigerators, microwaves and blenders that make it easier to bring and prepare meals onsite

When employees have convenient options available at work, it can help reduce reliance on less balanced alternatives and support steadier energy throughout the day.



## Ergonomic tools that help reduce strain and fatigue

Physical discomfort remains a common concern in office and hybrid environments, especially for employees who spend extended periods seated or working at screens.<sup>6</sup> Ergonomic tools can help support posture, movement and comfort throughout the day.

## Products that help improve posture and movement include:

- **Lumbar-support office chairs** designed for prolonged sitting
- **Keyboard and mouse supports** that help reduce strain in the wrists and hands
- **Monitor risers and adjustable monitor arms** that help align screens at a more comfortable viewing height

Even small adjustments to a workstation can help reduce fatigue and support sustained focus.



## Pet friendly policies and products

Some organizations are adopting pet-friendly workplace policies as part of broader efforts to support morale and workplace culture. Research shows that having pets at work can help reduce stress, enhance focus and resilience, and increase engagement.<sup>7</sup>

### Products that may support pet-friendly workplaces include:

- **Designated pet areas** with clear boundaries
- **Waste stations and odor-control supplies** to help maintain cleanliness
- **Hydration bowls and approved treats** that support pet care while at work

Clear guidelines and appropriate supplies help balance flexibility with shared space considerations.



## Bringing wellness to the center of the workplace experience

Wellness at work is shaped by many small, consistent choices rather than a single initiative. From cleanliness and workstation comfort to breakroom offerings and technology tools, everyday products can help support employees throughout the workday.

Ready to bring wellness to the center of your workplace experience?

Connect with **ODP Business Solutions** to explore solutions that help support employee needs across environments.



Explore how ODP Business Solutions® can help bring wellness to your office  
by visiting: [www.odpbusiness.com](http://www.odpbusiness.com)

<sup>1</sup> <https://www.gallup.com/workplace/215924/well-being.aspx>

<sup>2</sup> <https://www.apa.org/pubs/reports/work-in-america/2023-workplace-health-well-being>

<sup>3</sup> <https://www.library.hbs.edu/working-knowledge/employee-wellness-programs>

<sup>4</sup> <https://summitjanitorial.com/2025/09/11/employee-wellness-through-clean-environments/>

<sup>5</sup> <https://www.corporatewellnessmagazine.com/article/workplace-hydration-its-importance-and-how-to-encourage-it>

<sup>6</sup> <https://pubmed.ncbi.nlm.nih.gov/41298697/>

<sup>7</sup> <https://habri.org/research/mental-health/workplace-wellness/>