



## Work Relief

### **Non-Work Activities**

Allowing or providing for non-work activities within the workplace can be beneficial to staff morale and team building. An example of using video games within the workplace for team building activities.

### **Appropriateness**

When you are working in an environment that already requires extensive (constant) use of computers, online games don't really provides much of a break from work. Other activities such as games tables may be more appropriate for these environments.

### **Physical Activities**

Physical activities - a strategically placed air-hockey table, cubicle cricket, even off site paintball and touch football - can be useful to relieve the tedium and do team building. These also have the advantage that it is obvious when staff are working or not, which can help to manage these extra-work activities to suitable times and not interfere with work.

### **Provide Additional Resources**

Placing computers in the lunch room at manufacturing sites so that process workers who do not normally use computers have access internet and word processing can be a great work benefit. This not only provided a bit of a change from their routine duties, but also helped improve their computer skills for when they may need to use computers for work.

### **Fun Signs**

The use of "motivational" images and phrases sounds corny and cliché, but these can also be turned into fun ways to keep product ideas, team identity, and organisation goals in sight and top of mind. However they need to be refreshed at least annually.

