

Transforming the workplace experience to enable a culture of “micro-breaks”

Large regional employer with multiple worksites and space constraints changes the workplace experience through noise-attenuating spaces and a culture of “micro-breaks”

Situation

Employees operate in a high-stress environment with significant alarms and alerts across employee shifts. Break rooms underutilized and employees complaining of stress and a lack of time for managing wellbeing.

Approach

Cabana worked with employer to develop spaces for employees to take a “micro-break” during their shift, developing acoustically-protected spaces and adding an interactive and immersive element for open-eyed meditations and muscle relaxation experiences. Employees with 15 minute breaks were encourage to take a 5-minute micro-vacation and still have time to grab coffee.

Impact

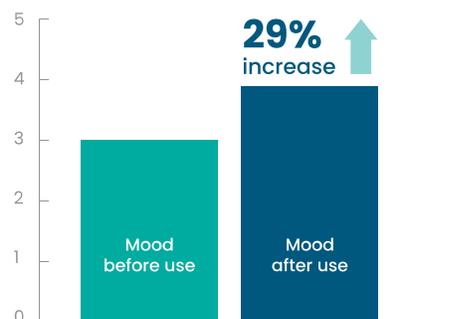
“The Cabana Pods are unique well-being assets to Ochsner employees. They provide a practical way for healthcare workers to take supportive restoration breaks during pressure filled days seeking to ensure excellent patient care.

*On average, Ochsner employees report a 9% increase in mood after taking a 3 to 4-minute break in a Cabana Pod. The sleek design and engaging virtual experiences make mental health moments appealing and accessible to our employees.” - **Molly Richard, Associate Program Manager, Ochsner Health***



Employer developed “micro-break locations” across the organization to enable and encourage a culture of taking breaks.

Improved Wellbeing in <5 min



Users report a positive increase in mood after a single use experience in our Cabana Pod.