



## Social distancing at work made easy

Innovative companies are finding ways to make coronavirus compliance easier.



Big Brother is watching you, which is exactly what you need to get office life up and running in the next normal. 4D Monitoring is a company that provides smart building technology. Its range of products help businesses to comply with social distancing, for example, its innovative FootfallCam 3D plus™ is a people counter for offices. It provides real-time notifications for capacity and density, and it works in hot-desking environments and managed office spaces. The camera, which monitors who is coming in and out of the building and where they are going, can help businesses re-purpose under-utilised areas and be focused and proactive about cleaning. Real-time notifications mean staff can be notified instantly using email and push notifications when capacity thresholds are close to being reached.

→ Find out more about FootfallCam 3D plus and other smart tech solutions at [4dmonitoring.co.uk](http://4dmonitoring.co.uk).

DID YOU KNOW?

You're losing 39 per cent of job applicants if your company is perceived as not being inclusive – survey from [mckinsey.com](http://mckinsey.com), June 2020.

# TRENDS

Round-up of what to see, do, and know in the world of wellbeing.

## The Wellness Sabbatical

The Global Wellness Summit has cited 10 trends for 2020 in its *Wellness Trends* report. Here, we look at the rise of the wellness sabbatical.

Global Wellness predicts a new travel concept where work and wellness are intentionally blended. The ideal package lasts three weeks, enough time to make real life changes, and includes combining your working day with a range of wellness activities.

Are we ready for this? Or is this a lifestyle choice for limited groups, stressed-out wealthy CEOs or, at the other end, millennial digital nomads with fewer commitments? According to the article (read it in full here: [globalwellnesssummit.com/2020-global-wellness-trends/wellness-sabbatical/](http://globalwellnesssummit.com/2020-global-wellness-trends/wellness-sabbatical/)), there are a growing number of tour operators, hotels and spas offering this type of break, described as

co-working meets co-living. Companies offering the packages include: Roam, Outside, Behere, The Remote Experience, Unsettled, The Nomad House, and CoWoLi. Luxury breaks in Thailand at Kamalaya's Wellbeing Sabbatical ([kamalaya.com](http://kamalaya.com)) start at £15,000 for 21 days, and in India and Mexico, tour operators offer specialist sabbaticals for up to a year. The article goes on to suggest that digital nomads will help to drive a trend towards affordable wellness sabbaticals and, of course, you can do your own version by designing a DIY break. Definitely a trend to watch – according to the report, 25 per cent of *The Fortune 100* best companies to work for now offer sabbaticals to employees.

## STAND TO ATTENTION

Working at stand-up desks helps to burn calories, improve your posture, and can also help to boost brain power at work.

A 2018 study revealed that using a stand-up desk and having the freedom to move around your workspace has been found to have cognitive benefits. The researchers at the Institute of Cognitive Neuroscience at University College London (UCL) followed 15 subjects and monitored their cognitive abilities after working at a standing desk. The first of its kind, the study was commissioned by Posturite, makers of the Oploft Sit-Stand Platform ([posturite.co.uk/oploft](http://posturite.co.uk/oploft)), which is slim, lightweight and portable – and ideal for our new working landscape, blending working from home with the office. Before cynics dismiss the study as marketing, it's worth pointing out that UCL's Professor Vincent Walsh was reported at the time, in both *The Times* and *The Telegraph*, as saying he was surprised by the results and had no interest in getting them to fit the company's brief. Other research has shown that standing is better for you physically – it burns more calories and it's better for your posture – but this study was the first to look at the mental benefits. Findings included an improvement in brain power and decision-making, with participants doubling their score in a standard cognitive test. There was also a 64 per cent improvement in performing language-based problems, and concentration and creativity, also tested, both improved. Find out more at [posturite.co.uk](http://posturite.co.uk).



## The Zone Recommends

### Is it the end of 9-5?

Research from the University of Basel in Switzerland found that workers who can set their own hours (trust-based working time) tend to be more productive, work longer hours, and be happier than those tied to rigid 9-5 schedules. Want to explore this further? Tune in to Dr Rangan Chatterjee's *Feel Better*. Live More podcast show, *How To Work Less and Get More Done* with Alex Pang, the author of *Shorter – Redesign Your Work and Reclaim Your Time*.

