tnmcoaching



Bring the outdoors into your work

Being outside is one of the great joys of holidays. However, just because you're working, it doesn't mean that you can't recreate that feeling. Bringing the outdoors into your work can have numerous benefits, including increased productivity, creativity, and overall wellbeing.

1. Open up your workspace to nature

Start with your workspace. Even if you're based in an office with hundreds of colleagues, rather than working from home, small adjustments are possible:

- Natural Lighting: Whenever possible, work near a window to maximize natural light. Natural light not only brightens the space but also connects you visually with the outdoors.

- Open windows: If you're able to, open windows and let the fresh air in. If you're in an air-conditioned office, consider having an air purifier.

- Indoor plants: Surround yourself with indoor plants. Plants not only improve air quality but also bring a calming and refreshing element to your work environment.

- Nature artwork: Hang artwork or put photos on your desk that depict nature scenes, landscapes, or outdoor activities. These visuals can transport you mentally to the outdoors and provide a sense of relaxation and inspiration.

- Nature-inspired colour schemes and materials: Where you have a choice, choose colours for your workspace that are inspired by nature, such as soft blues, greens or earth tones. Consider having natural materials and textures, such as wooden furniture, bamboo desk accessories or natural rugs to create a more grounded environment.

- Outdoor scents: Use essential oils or scented candles with fragrances that remind you of the outdoors, such as pine, lavender, or citrus. These scents can help create a sensory connection to nature.

- Sounds of nature: If having headphones on helps you concentrate, consider playing nature sounds or ambient music that mimics natural elements like rainfall, ocean waves or birdsong. These sounds create a calming and focused environment.



2. Take nature breaks

Take regular breaks throughout the day to step outside and connect with nature firsthand. Whether it's a short walk, sitting in a nearby park, or tending to a small garden, these breaks can rejuvenate your mind and inspire fresh ideas.

3. Work outside

Taking your work activities outdoors can be a refreshing change of scenery and provide a boost of inspiration. Even office-based jobs include activities that can be taken outside from time to time:

- Outdoor meetings or brainstorming sessions: Instead of confining yourself to a meeting room, take your team or colleagues outside for a meeting or brainstorming session. Find a comfortable spot in a nearby park, outdoor seating area, or even a coffee shop with outdoor seating. The fresh air and change of environment can stimulate creativity and foster a more relaxed and open atmosphere for discussions. Outdoor one-to-ones or coaching sessions can encourage people to open up as they're away from the office.

- Walking or outdoor phone calls: Consider making calls outside while you're going for a walk. Find a quiet area and use a hands-free headset or your mobile's speaker option. Walking can help improve blood flow, increase energy levels, and provide a new perspective while you handle your calls.

- Reading or researching: Do you really need to be at your desk when you have a lot of reading or research to do? What about finding a spot on a park bench, an outdoor café or simply in your own backyard? Being surrounded by nature can make reading and researching more enjoyable.

- Writing: If your work involves creative or reflective writing, take your writing outdoors. The natural surroundings can inspire your thoughts and infuse your writing with a fresh perspective. The change of scenery can also help overcome writer's block and boost your productivity.

Even small changes can make a significant impact in bringing the benefits of the outdoors into your work. Experiment with these ideas and find the ones that work best for you, allowing you to create a working environment that blends productivity with an increased sense of wellbeing.

