



DEMONSTRATING THE POWER OF MASSAGE

A law firm Case Study on the impact of massage for boosting employee well-being and performance

At a glance

- To provide therapeutic experiences for employees attending the health and wellness fair
- To support a happy and healthy workplace environment
- To show employee appreciation through Spa in Your Space Services

In recognition of its annual Health & Wellness Fair, a top Chicago law firm aimed to express its appreciation for employees' dedication and contributions. Acknowledging the critical role of well-being in the workplace, the firm sought to offer therapeutic experiences to attendees of the Health & Wellness Fair held at their offices.

During the event, employees had the opportunity to sign up for massage services provided by Spa in Your Space. This case study provides valuable insights into the impact of massage for boosting employee mood in the workplace.

Validating the Power of Mood

Research consistently shows that employee mood significantly impacts **productivity, creativity, and overall job satisfaction**. Numerous ways exist to support employees boosting their happiness.

Happy employees are more likely to be engaged, motivated, and committed to their work, leading to a happier, healthier workplace and better business outcomes.

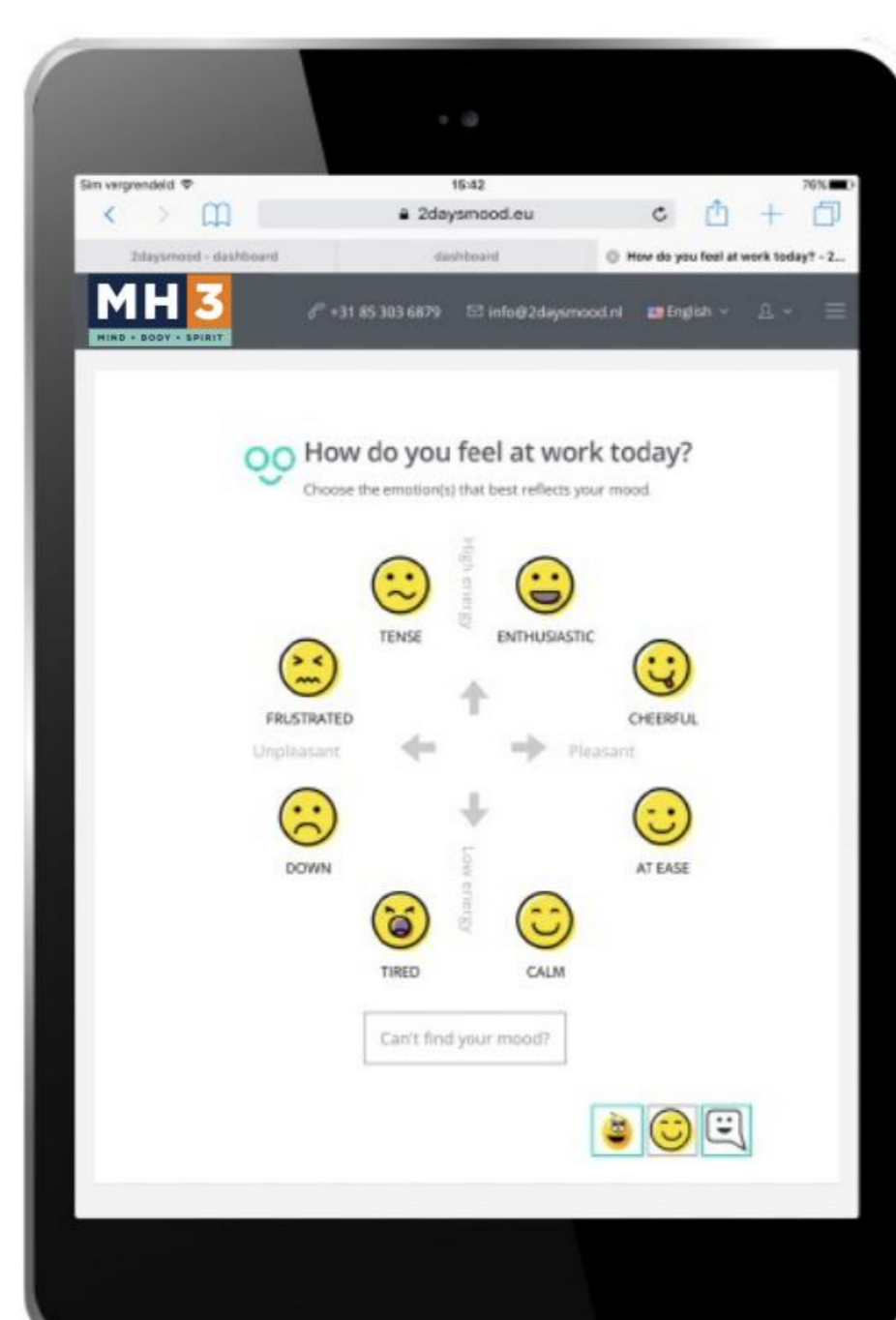
But how do we measure the impact on the lives we touch?

Measuring Mood

In our extensive collaboration with Utrecht University, we conducted a comprehensive study wherein respondents from various countries shared the typical moods they experience at work. This endeavor led to the identification of 8 universal moods, encompassing a broad spectrum. These moods are categorized into four quadrants, delineated by axes of energy and pleasantness.

Those quadrants include:

- Excitement
- Satisfaction
- Dissatisfaction
- Stress



Example of Mood Survey question.

METHODOLOGY

Employees were instructed to scan a QR code to complete a brief diagnostic survey assessing their mood and well-being before participating in the Spa in Your Space experience. This initial, **pre-event** survey established a baseline for their mood. Based on their chosen experience, employees then received a professional massage or service during the Health & Wellness Fair.

At the conclusion of the event, employees scanned the QR code again to provide their **post-experience** mood assessment. Additional custom science-based questions were included in this second survey, allowing employees to share their thoughts on the impact of their experience on their individual moods. This data provided Neal, Gerber & Eisenberg with deeper insights into the effects of massage on employee mood and overall well-being.

Pre-Event Mood Results



- **Attendees indicated they feel primarily dissatisfied coming into Health & Wellness fair (48%).** This is reiterated by a happiness score of 30%. Additionally, satisfaction is quite low (17%) and stress is high (22%).
- **Dissatisfaction is high at 48%.** A score above 10% generally indicates action must be taken to best support the needs of your people. In this instance, interventions should be taken immediately.
- **Stress is high at 22%.** Typically, a stress level of 20% is ideal as stress leads to action and problem solving. In this instance, stress is above the ideal score and indicates more needs to be done.

How do you measure the impact of your current team engagement programs?

MH3's interactive events are designed not only to create a fun team-building event but to lay the foundation for long-term solutions aimed at **greater employee engagement, productivity, retention, and overall well-being**, helping you to **keep a finger on the pulse of the organization**.

Continue reading to learn how we helped Neil Gerber Eisenberg achieve their goals, quantifying the power of art and its positive impact on mood and well-being.

About MH3

MH3 (Mental Health for the Mind, Body, and Spirit) is an all-in-one software & platform for data-driven HR, managers, and team leaders of Fortune 1000 and government agencies to build thriving workplaces and resilient communities.

MH3 boosts employee well-being & retention by combining our scientifically validated measurement process with real-world insights from over 50 diverse mental health & wellness experts. All in Real-Time.

Mental Health Drives Business Outcomes.

Our mission is to empower employers to be champions of well-being by providing resources and actions that create and sustain well-being across the entire employee journey, from onboarding to off-boarding.

Contact MH3 to learn how we help you enhance your workplace well-being and achieve measurable success!

" We've not seen data and insights like these results before, showing us how our efforts through Spa in Your Space had such an impact. This experience alone has shown us how we can better support the well-being needs of our office. It's good for business. "

Lisa G.

Benefits Manager



Work with Us!

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Art Improves Employee Mood & Well-being

Neil Gerber Eisenberg's goals were achieved with employees completing the post-event mood diagnostic, showing a drastic improvement in mood.

Post-Event Mood Results



- Attendees indicated they **feel happy after the team-building event** with a happiness score of 100%, which is combined between Excitement (18%) and Satisfaction (82%). To be able to cope with negative emotions, a combined score of 75% (or more) is ideal. In this instance, 100% is achieved with fewer attendees filling out the post-event questions due to work purposes and leaving early.
- Dissatisfaction dropped significantly to 0%.
- Stress reduced to 0%.

Mood Guidelines: 1. Excitement & Satisfaction added together creates the happiness score: Ideally 75% (or more) of respondents are divided across these two quadrants 2. Dissatisfaction: Around 10% or lower is considered an ideal percentage 3. Stress: A stress rate of around 10-20% is considered normal (and even desirable). Respondents are not required to answer every question to complete the diagnostic survey.

 **70%**

Increase in employee happiness

 **48%**

Decrease in employee dissatisfaction

 **22%**

Decrease in employee stress

based on post event mood

Measuring the Power of Massage

Validating the power of mood in supporting **positive employee mental health, well-being,** and **successful business outcomes** is crucial for several reasons. Research consistently shows that employee mood significantly impacts productivity, creativity, and overall job satisfaction. When employees are in a positive mood, they are more likely to be engaged, motivated, and committed to their work, leading to higher performance levels and better business outcomes.

Positive employee mood fosters a healthier workplace culture, reduces absenteeism, and lowers turnover rates creating a more stable and efficient workforce, which can directly translate into improved financial performance for the business. By understanding and enhancing the factors that influence mood, companies can implement strategies that promote mental health and well-being, ultimately driving success and sustainability.

Investing in employee mood and well-being is not just about creating a happier workplace; it's a strategic business decision. Happy employees are more resilient, adaptable, and better equipped to handle stress, which in turn supports long-term business growth and resilience.

Therefore, validating the power of mood underscores the interconnectedness of mental health, employee satisfaction, and business success.

OUR PARTNER

Spa In Your Space

A MOBILE SPA & WELLNESS EVENTS COMPANY

Located in Chicago, Illinois

Spa in Your Space has been providing on-location Spa services for over 14 years in Chicago and the surrounding suburbs. They are completely mobile, your location is our location.

Professional equipment and supplies are used to perform your Spa services of choice including some that are Vegan/Organic friendly.

Their services are great for your Wedding Events, Team Appreciation, Corporate Wellness, Client Appreciation, Customer Service Week, Nurse Appreciation, Corporate Sponsorship, Convention Services and other special events. Relax and let them do all the work as they transform your space into your own personal Spa.

