

# MENTAL FITNESS AT WORK: WHAT VALUE DOES IT ADD?

In a world of constant mental stimulation, training the body is no longer enough to maintain well-being. Our ability to manage stress, make thoughtful decisions, and remain mentally available primarily relies on mental energy.

The good news: it can be trained — without wasting time. Thanks to a program designed to easily integrate into daily life, Charlotta Stenvall explains how to stay efficient while preserving mental health. *Article by jazz, occupational therapy & coaching*

## WHY FOCUS ON MENTAL FITNESS?

Let's be clear: the numbers speak for themselves.

Work disengagement costs an average of 34% of annual salary per employee (Gallup), work stress costs CHF 6.4 billion per year in Switzerland (Job Stress Index), and according to the WHO, depression is the leading cause of disability worldwide.

There's room for improvement!

A strong and flexible mind enhances performance, engagement, and health. Just as top athletes train their minds, mental fitness prepares professionals to face their daily "race."

Signs of overload are often subtle:

Decreased concentration, difficulty making decisions, impulsive reactions, and relational tension. Learning to recognize the body's warning signals allows us to take appropriate action.

It's a preventive measure: slowing down to reach the goal faster. But how can we do this in already overloaded daily lives?

- Cognitive flexibility: adapting one's thinking, changing strategies, and considering other perspectives.
- Working memory: retaining useful information to act effectively.
- Planning: structuring, anticipating, and organizing actions.

These mental skills are constantly used in both professional and personal life. Training them strengthens mental availability and self-control.

## THE KEY TO MENTAL PERFORMANCE

It largely depends on our executive functions — the processes that allow us to manage our thoughts, emotions, and actions daily:

- Inhibition: resisting distractions and modulating impulsive (especially emotional) reactions.

“  
CHILL  
SMARTER,  
NOT HARDER!”



**CHARLOTTA STENVALL**  
*BSc in Occupational Therapy and  
Certified Coach-Supervisor  
(Federal Diploma)*

## PRACTICAL AND TIME-EFFICIENT

To encourage regular training, the program is designed to be simple, motivating, and effective, while remaining adaptable to professionals' concrete needs. It unfolds in:

3 group sessions or

5 individual sessions,

and is structured around three complementary steps:

Awareness – Building a solid foundation with four actionable pillars.

Development – Selecting and adjusting targeted techniques and strategies.

Anchoring – Integrating these practices into real-life situations.

The techniques include mindfulness, breathing, visualization, simple gestures, constructive self-talk, routine development, and neurofeedback.

The neurofeedback headband with its app enables direct measurement of training effects and provides real-time visual feedback — boosting motivation and engagement, especially in group settings.

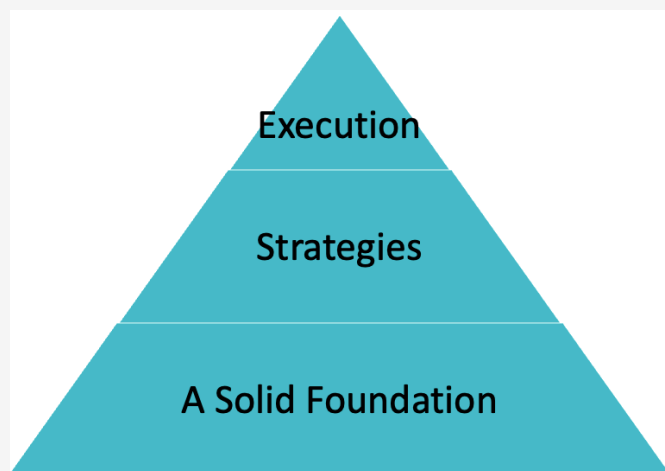
## SCIENTIFICALLY GROUNDED

This program is based on solid scientific foundations: occupational science, neuroscience, positive psychology, and CBT (Cognitive Behavioral Therapy).

Supported by doctors and business leaders as a preventive approach, it is implemented through group workshops and individual coaching.



*We believe what we tell ourselves!*



*The portable neurofeedback headband can be used by multiple people, each with their own personal app.*

## CONCLUSION

Mental fitness at work brings lasting added value, it's a strategic advantage.

It enhances mental energy, clarity, emotional stability, and positivity — all essential levers for strong engagement and sustainable health.

A small effort can lead to a big impact, benefiting both employees and organizations. Whether you're a manager, entrepreneur, student, or simply seeking better mental balance, mental fitness in all its forms is a valuable resource.

The program offered by jazz is accessible and customizable, providing concrete, measurable results in just 3 to 5 sessions.

Feel free to get in touch or visit the website to discover how this program can benefit you.