

RETHINKING WELLNESS

How PepperMinted makes good health easy and accessible to all

SEP
2019

ART AT CAPITASPRING

New wall murals on the hoarding offer a glimpse of what the development has in store

Your **CAPITA** LETTER

QUARTERLY FOR CAPITALAND COMMERCIAL TRUST TENANTS

Teams put their environmental knowledge to the test at a challenge station at Six Battery Road



Live well, save the planet

Wellness and sustainability take centre stage at CCT's signature event

As part of its continued commitment to wellness and the environment, **CapitaLand Commercial Trust (CCT)** held its inaugural Live It Up!, a three-week programme that promoted positive mental and physical well-being, as well as sustainable living among the office community.

Held from 13 to 31 August across CCT's properties, Live It Up! offered tenants a series of exciting talks, workshops, workout sessions and pop-up initiatives focused on helping tenants adopt holistic approaches to wellness and sustainable living. CCT worked with several like-minded tenants on these activities, which included Pilates workouts with **Gravity**, yoga classes with **Pure Yoga**, talks on plastic pollution with Seven Clean Seas, as well as initiatives and discounts to encourage green behaviour. ▶

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To give those who did not have time to participate in workshops and workout sessions, CCT introduced a range of pop-up activities held during lunch hour, including chiropractic clinics set up in partnership with **Total Health Chiropractic**, Capital Tower, as well as various music performances and “perk-me-up” treats from Nature Valley, which were sponsored by **General Mills**, Capital Tower.

Tenants thoroughly enjoyed the wide variety of programmes planned. “Thank you for organising these fun activities, which also allowed us to interact with others working in our building,” said Ms Meah Tze Yun, **CA Indosuez (Switzerland)**, Capital Tower. “Looking forward to more activities in future!”

Race to zero carbon footprint

The three-week programme culminated with the Live It Up! Race held on 31 August across CCT’s properties. Over 240 participants gathered in teams of four to compete against one another in a series of challenges that tested their environmental knowledge and fitness. Each team began the race with 8,000 points — the average carbon footprint of a regular person — which they had to work to eliminate by scoring correctly in the challenges. The fastest team with the lowest number of points would win the race.

Teams from **Fitness First**, Capital Tower, and **Borouge**, One George Street, topped the Competitive and Fun Run categories, respectively.

Said CCT CEO, Mr Kevin Chee, “At CCT, we’re committed to wellness, sustainability and community. When we have an event like Live It Up!, it brings these components together into one exciting, meaningful and impactful event, and we hope tenants and their employees will walk away with a greater awareness of these three commitments.”

Besides taking charge of their well-being



Clockwise from top left: Tenants taking part in a lunchtime yoga session; some tenants teamed up with Rainbow Centre’s students for the Live It Up! Race; office workers learnt how to build their own terrarium at a workshop; race participants were flagged off at Asia Square

and the environment, participants also made a difference to children with special needs from Rainbow Centre Singapore. Through the activities and race, participants and CapitaLand Hope Foundation, the philanthropic arm of CapitaLand, raised a total of \$20,360, which will go towards Rainbow

Centre’s Empowerment, Development and Innovation Fund. To further promote the spirit of inclusivity, CCT also welcomed some students and their caregivers in running alongside teams during the race.

Make it a habit

Anchored on the tenet that it takes 21 days to form a habit, CCT held Live It Up! over the course of three weeks to inspire tenants to make well-being and sustainability a lasting part of their everyday lives. Most office workers spend a third of their day at the workplace, so helping them lead well-balanced lifestyles outside the office improves their mental and physical health. While it takes time and effort to introduce such changes, they will reap rewards for employees, clients and companies in the long run. ■

“**Live It Up! brings wellness, sustainability and community together into one exciting, meaningful and impactful event**”

SELF-CARE PRACTICES FOR THE HOME

Taking care of yourself doesn’t stop after Live It Up! Continue your wellness journey at home with these simple self-care practices.

1 Take a break from work

Avoid responding to work emails after office hours to wind down and get a good rest. If continuously incoming notifications prevent you from putting aside your work, try turning on the Do Not Disturb function on your phone so you



won’t be notified when a new email comes in.

2 Fix your sleep schedule

Keeping to a regular sleep schedule by going to bed and waking up at a fixed time every day



can help with fatigue. You’ll be able to fall asleep more easily, get better quality sleep and wake up feeling more refreshed.

3 Keep yourself physically fit

Exercising regularly is great not just for your physical health, but also your mental well-being and emotional stability. If you’re pressed for time, at-



home exercises such as planking, squats or lunges are simple but effective ways to get started.

4 Maintain a healthy diet

A balanced diet can do wonders for your energy levels and prevent a mid-afternoon slump, giving you a productivity boost. This increase in efficiency can also translate to reduced stress and greater satisfaction at work.

Feel Good, Work Better

Changing attitudes towards mental wellness mean more firms are introducing initiatives to support employee health and happiness

A thriving workplace can be synonymous with stress, but it does not have to.

As World Mental Health Day comes around on 10 October, the spotlight falls on the growing toll of problems like depression and anxiety disorders and their impact on our society and economy.

A recent study led by the World Health Organization estimates that mental health problems cost the global economy US\$1 trillion each year in lost productivity.

“At the moment, we would say there is not a very high level of acceptance towards mental health in Singapore and Singaporean workplaces,” noted Mr Scott Carlon-Tozer, Global General Manager for MindFit at Work. The corporate well-being company provides programmes to prevent stress and improve resilience, and has worked with companies such as Chubb and Hermès in Singapore.

“There is still a fairly high level of stigma associated with mental health in general and a fear of perceived repercussions that we see in the workplace,” Mr Carlon-Tozer explained. “However, we are starting to see some positive changes.”

These changes are driven by a growing awareness about and improving attitudes towards mental illness. In particular, good work-life balance and workplace policies that support employees’ lifestyle are prerequisites for today’s generation of workers, and companies are beginning to respond to these needs.

Taking the lead on mental health

As attitudes shift, what are some ways that employers and employees alike can improve mental wellness in the workplace?

“The most important aspect of creating a culture that is supportive of mental health in the workplace is having leaders who

“There is still a fairly high level of stigma associated with mental health in general and a fear of perceived repercussions that we see in the workplace. However, we are starting to see some positive changes”

exemplify supportive behaviours,” said Mr Carlon-Tozer. Once management breaks the mental health taboo, corporate initiatives can help address and correct the issue.

At **NORD/LB**, CapitaGreen, lunch-time talks have been introduced this year to spread knowledge on several health topics, and the

bank is looking to expand the scope of these talks to cover mental health-related areas such as managing stress.

Risk factors for mental health problems at work often relate to stressful organisational interactions and a lack of personal connections. To counter this, **NORD/LB** has created opportunities for socialising and play, setting aside fun spaces in its office, such as the foosball table in its pantry.

Biopharmaceutical firm **Ferring**, Capital



CHECK OUT CAPITAL TOWER'S WELLNESS OFFERINGS

Good mental health means setting aside time for self-care. To this end, CapitaLand has introduced a suite of wellness solutions for you at Capital Tower. Sitting at your desk all day can result in back pains, but **Total Health Chiropractic's** treatments can help you improve your posture. And if you are short on time but would love a quick lunch-time treat, **PepperMinted's** speedy massage and facial treatments are just for you.





Tower, takes the concept of playing together even further. In line with its philosophy, “People come first at Ferring”, the office sets aside one Friday each month for two hours of games that build team spirit, collaboration and creativity. “These activities encourage employees to get out of their comfort zone and also promote the company’s values in a fun way,” said Ms Annie Chin, Ferring’s Cluster Director for Southeast Asia.

Beyond connection and emotional support, one of the most effective ways to improve mental health is by staying active. People who exercise not only feel more energetic throughout the day, sleep better at night and feel sharper, they are also more relaxed and positive. Exercise has even been proven to treat mild to moderate depression.

Companies can make it easier for busy executives to fit exercise into their schedules simply by organising physical activities. For example, Ferring holds customised workout sessions once a month, to give employees the

chance to discover activities such as Pilates, yoga, cardio dance and kickboxing, and to help them wind down and relieve stress from work.



Self-care is key

As attitudes towards mental health change and workplaces recognise its importance, workers should also learn to take time off to tend to their own mental well-being. It’s all about putting yourself first, for a change. Instead of taking a day off

to run errands, use it for self-care and focus on nourishing yourself, putting aside your responsibilities and “should dos”.

Remember, it’s not selfish to take some time off, or to leave the kids to your other half while you take a spa day or catch up with old friends. You’ll come back rejuvenated, raring for action and probably working even better than you did before. Be honest about what you really want to do with your time, but treat it more as a reward than a day off, and give yourself a chance to nurture your emotional, mental and spiritual health. ■

Verbatim

“I believe it’s important to set a positive example as a leader. This means giving my best in all I do.”

Tan Yen Yen, Asia-Pacific President for **Vodafone Global Enterprise, Asia Square Tower 2**, reveals how she juggles it all and how women can succeed in the workplace.



1. Trust is important in any workplace, and at Vodafone, we build trust through open communication channels with employees, creating an inclusive environment where they feel motivated to share and contribute.

2. We believe in embracing everyone for who they are and empowering them to do their best, regardless of their position, gender, age, race or nationality.

3. As a woman leader, I feel one area women struggle in more than men is promoting their successes and raising their profile in the workplace. We need to be more confident and let our achievements be known.

4. I believe there is a time for everything in life, and one must decide what his priorities are at any given point. One way I juggled my family and career goals was to move from an Asia-Pacific to an ASEAN/Singapore role in my career, so I would travel less and have more time with my children, yet give fully in my job.

5. Work-life balance is important, and I believe in playing hard as much as working hard. I like to be involved with my staff and often join them on various activities outside the office, like triathlons, hikes and more.



PepperMinted's slew of wellness treatments helps us combat the stresses of life

Located on Level 9 at Capital Tower, **PepperMinted** brings its broad range of wellness services to busy office workers, from massages to facials and more. We find out what holistic living means to this wellness chain, and why we should make their treatments a regular habit.

What is PepperMinted's philosophy when it comes to health and wellness?

We believe everyone deserves to feel good and have great quality of life. Our lives are often very busy and too frequently, we prioritise work and other commitments above taking good care of ourselves — to the point that we burn out and get sick.

That's why we've brought our premium health and wellness services to Capital Tower, to help office workers save precious time spent travelling and searching for quality treatments. We believe health and wellness should be available to all and built into our way of life, so we feel great, energised and ready to tackle whatever challenges that may come our way.

How do your offerings support your vision?

We recognise that for office workers, making time for self-care can be a challenge. Hence, we offer "window treatments" that are accessible during lunch hour or when workers need a quick 15-minute break. These express treatments allow them to squeeze in some quality me-time to improve their mental and physical well-being when time is short.

What are some common wellness issues and challenges that office workers face, and how can PepperMinted help them?

Sitting for long periods of time in the office has resulted in lower back pains, "computer neck syndrome", muscle degeneration and even organ and spinal disk damage in many of us. Our sedentary lifestyles are also linked to a number of chronic illnesses such as type 2 diabetes and various heart diseases. Whether you exercise or not, sitting as much as we do has a number of undesirable outcomes.

Having regular massages can go a long

way in eliminating the stresses on our back and neck. Studies have also shown that the benefits of having shorter but frequent massages far outweigh those from longer and infrequent ones.

What are your most popular treatments?

Our clients love our chair massages, express facials and nail services, as these services are quick enough for them to squeeze in during lunch hour. Our chair massages start from 15 minutes, which is really all that's needed for our customers to feel better and more energised to tackle the tasks ahead of them.

Meanwhile, our express facials take just 20 minutes. These treatments are non-invasive, the results cumulative and customers can usually see a difference in their complexion after their first treatment. Our nail treatments are perfect for women who want a quick treat — fabulous nails as a reward for their efforts at work. We carry gel nail polishes, non-toxic and organic nail polishes, which are safe for pregnant ladies, as well as a wide selection of colours.

What sets PepperMinted apart from other spas or wellness centres in Singapore?

We see wellness as non-negotiable. Holistic living and wellness require a lifestyle change, but we believe it is achievable by all. In order to live healthy, quality lives, we need to start making lifestyle changes now. Every move to wellness helps stop the damage we do to our bodies and contributes to our well-being.

What more can clients and readers expect in the coming months?

Office workers in and around Capital Tower can look forward to services such as eyebrow threading, eyelash extensions and makeovers — with the use of the best quality products you can find around the world, of course! ■

PepperMinted opens for business in late September at Capital Tower, on Level 9. Opening hours are from 11am to 8pm on weekdays and 10am to 2pm on weekends. Visit pepperminted.com.sg to find out more.



ARE YOU OUR NEXT WINNER?

Win 30,000STAR\$® in our online Readers' Contest. Visit bit.ly/yclsep19 to participate.



CapitaSpring's hoarding gets an artistic upgrade

Those in the central business district are in for a visual treat – the hoarding surrounding the CapitaSpring building site has been transformed into a beautiful work of art by two local artists, Danielle Tay and Ripple Root, which consists of dynamic duo Estella Ng and Liqun Liew.

These massive wall murals depict the artists' interpretations of CapitaSpring and exemplify what it hopes to be – a unique integrated development offering work, live and play spaces in a vertically connected environment. Think modern serviced residences, floors of offices as well as social and activity spaces amongst lush greenery.

On the inspiration behind her mural, "Pulse of the City", Tay shared that it came from the name of the building itself. "The word 'spring' calls to mind water, the vital element that makes up the majority of the world we live in," she said. "Without water, there is no life. Life rises from this spring of water, just as the city rises at CapitaSpring."

Meanwhile, Ripple Root shared that they enjoyed working on their piece, "A Spring In

Your Step". "CapitaLand was very open to all ideas and they really trusted the work. We were very much engaged in a way that helped the artwork develop organically to its final creation."

To admire these artworks, make a trip to Church Street, where Tay's painting is on display, and Market Street, where you can view Ripple Root's masterpiece. The works will be up until the first half of 2021. ■



Ripple Root's artwork on CapitaSpring's hoarding on Chulia Street and Market Street

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Watch the video to discover more about the inspiration behind the artworks: bit.ly/canvasinthecity

Come give gifts of joy

CCT's Gifts of Joy is back for its seventh year.

This community outreach programme to promote acts of kindness and bring the tenant community together by helping the underprivileged will come in October and November. For the third consecutive year, the event's adopted charity is Rainbow Centre,



Volunteers distributed gifts to Rainbow Centre's students last year



which helps children with special needs.

Tenants who wish to participate can "adopt" the wishes of the centre's students, which range from clothing to toys and school items. CCT will put up six collection points over its properties, including Capital Tower, CapitaGreen, Asia Square Tower 2, Six Battery Road, One George Street and Raffles City Tower.

Besides donations, those who would like to give their time can sign up as volunteers to take the beneficiaries on an outing to the Children's Biennale at the National Gallery.

To register your interest in taking part in CCT's Gifts of Joy, please visit bit.ly/register4goj19 ■

GREEN TIP

Each year, the world consumes 16 billion single-use coffee cups, which are not recyclable and end up choking our oceans and endangering wildlife. Instead of using these disposables, try bringing your own tumbler or mug the next time you hit the cafe for your morning cup of joe.



CapitaLand

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