



On-Site Dry Cleaning Concierge

Too often, employees and students lack the time to truly balance home and work life obligations well. To make that balance easier, try setting up a drop off and pick-up dry cleaning concierge. Making sure you look good on the outside has a large effect on how you feel on the inside. Therefore, this intervention is helpful in boosting self-esteem and motivation which has a direct effect on workplace attitude. This intervention is free to implement on the most basic level.

How to Implement

- Find a well-rated local dry cleaner who is willing to partner with the campus.
- Decide on an ideal drop-off/pick-up location (bar for hangers, etc)
- Decide on payment methods, dates, and times for weekly pick up and drop off.
- PROMOTE the program to students and employees- dates, times, locations, and prices.
- Encourage this method of on-site dry cleaning concierge by doing it once for the entire office (price varies).

On-Site Dry Cleaners Concierge:

- Tide Dry Cleaners are a good option if students/ employees do not require delivery and pickup. They are open 24 hours for drop off and have a quick turnaround.

Evaluation

To assess the impact of the intervention:

- Are people utilizing the service?
- Send out a short survey to the employees and students, asking questions like:
 - Do you find this service useful?
 - Is it saving you time?
 - Is it helping you balance work-home life obligations
 - As a result of having one burden taken off your chest, are you able to stay more focused at work without having to worry about making the time to drop your clothing off at a dry cleaners?

Reach out to Penn State PRO Wellness for help with logistics if needed.



Example Pre and Post Questions:

- Anonymously rate your energy level on a scale from 0-10. **(Ask pre/post each time.)**
- Anonymously rate your mental alertness on a scale from 0-10. **(Ask pre/post each time.)**
- Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never
- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never
- How often do you have physical symptoms that are likely stress related? (e.g., teeth grinding, headaches, palpitations, stomach aches, back aches)?
 - Never
 - Once a month
 - A few times per month
 - Once a week
 - Multiple times per week
 - Daily
 - N/A or I'd prefer to not answer
- All in all, how satisfied would you say you are with your job?
 - Very satisfied
 - Somewhat satisfied
 - Not too satisfied
 - Not at all satisfied



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- How satisfied are you with current wellness programs?
 - Very satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Very dissatisfied