

Google Deploys SoundHeal Sensory Support for Staff Well-being

Google-SoundHeal partnership reflects a shift beyond wellness apps & gimmicks to physical, evidence-based support built into the workday for a 3-min neuro reset

SAN JOSE, CA, UNITED STATES, March 26, 2026 /EINPresswire.com/ -- SoundHeal today announced the deployment of its Healpods at Google Headquarters as part of Google’s ongoing commitment to employee well-being for its AI & ML engineering teams. Encouraging employees to use the Healpods to take short breaks, which is shown to decrease stress



Soundheal at Google: Google Deploys SoundHeal Sensory Support for Staff Well-being

levels and increase focus, underscores Google’s leadership in moving beyond simple wellness perks. The Healpods provide practical, science-aligned, and evidence-based support that helps employees reset neurologically, regulate their emotions, and return to work with greater clarity and readiness.

Recent workforce data underscore why this matters. U.S. employee engagement remains low, with Gallup reporting that only 31% of U.S. employees were engaged with their work in 2025, continuing a downward trend since 2020. At the same time, SHRM’s State of the Workplace 2026 highlights rising strain on morale and performance as organizations navigate sustained cognitive load, rapid technological change, and the risk of burnout. Together, these trends underscore that workplace productivity cannot be separated from how well employees are supported on a human level.

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Employees have made it clear that mental health support is now a core expectation, not a perk. In the 2023 American Psychological Association’s Work in America™ Survey, 92% said it is very (52%) or somewhat (40%) important to them to work for an organization that provides support for employee mental health. Yet much of today’s support still relies on tools employees are expected to use on their own time. A large meta-analysis in the Nature Partner Journal (npj)

regulation, reduce anxiety and stress, and create treatment readiness through short structured experiences that incorporate music, vibro-acoustic and light therapy, guided content, and brief journaling.

SoundHeal is a first mover in creating practicable ways to incorporate experiential, emotional, and somatic therapies into behavioral health treatment while helping normalize and destigmatize mental health support for the workforce. By enabling users to achieve greater emotional regulation, SoundHeal's therapeutic intervention is appropriate for therapeutic use in clinical settings as well as for productivity enhancement in corporate workplaces. For more information, visit [Heal.mx](https://heal.mx).

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