# Mental Health for Employees



#### WHAT IS MENTAL HEALTH?

Just like we all have physical health, we all have mental health too. Mental health is often defined by your ability to feel good and function effectively (both at work and outside of work). However, your mental health isn't fixed. Our collection aims to provide you with guidance on how to monitor yourself and give you proactive tips to help you stay healthy, mentally.

1 in 4 people will experience a mental health problem of some kind each year

1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week

Women in full-time employment are nearly twice as likely to have a common mental health problem as full-time employed men

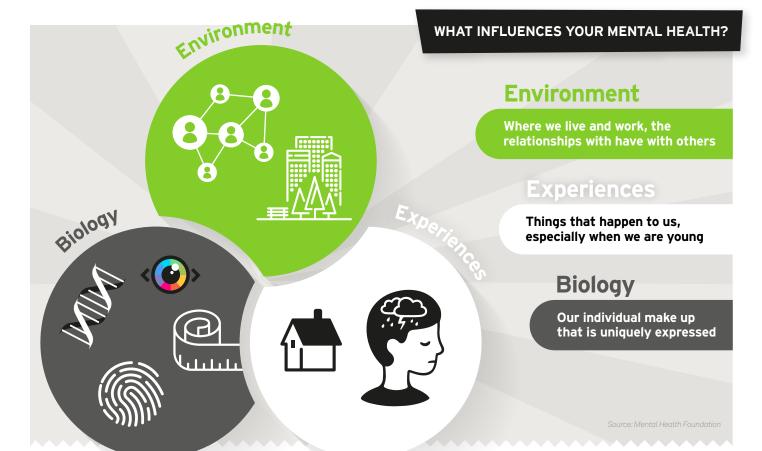
(19.8% vs 10.9%)

ırce: Mind & Mental Health Foundation

IN CRISIS STRUGGLING

**SURVIVING** 

**THRIVING** 





# Mental Health for Employees



#### **SPOTTING THE WARNING SIGNS**

Often the things that signal changes to your mental health fall into 3 categories - you start to think differently, feel differently and act differently.



### Think

Are you finding it hard to make decisions or getting easily confused?

#### Feel

Has your mood changed? Are you worrying more or feeling hopeless?

Act
Have you stopped
interacting with others or
doing things you enjoy?

20% of people take a day off work due to stress but, 90% of them cite a different reason.

#### 1 in 4

people experience mental health issues each year. 72 million working days lost due to poor mental health each year.

24% of women and 13% of men in England are diagnosed with Depression in their lifetime.

**DIET, SLEEP AND EXERCISE** 

# MENTAL HEALTH FUELLING

Stay connected to colleagues, friends and family regularly

Regular exercise reduces stress and anxiety

Slow and steady breathing exercises

Practice mindfulness to stay focused on the present

Engage in activities that give you purpose

# Top up your wellbeing tank



#### Try learning something new

Organise your week and make time for fun

Imagine yourself in a calm, safe and happy place

Maintain positive sleeping habits

Helping others can provide a sense of purpose and connectedness

#### STAY CONNECTED AND FIND YOUR FLOW

Good mental health - like a good musical sound - doesn't mean all of your levels are set at a 10. Everyone is different and it's about getting the right balance for you, your 'perfect pitch'.

Source: New Economics Foundation (NEF,

