



## RESILIENT ME FACTSHEET

# Mental Health Awareness and Wellbeing

### Overview

The pandemic has had a profound impact on the mental health of us all. The cost of mental health related illness has risen to a record high of £56 billion per annum making staff wellbeing the highest priority.

With employers seeing a return of £5.30 on average for every £1 invested in staff mental health, the economic argument for putting staff wellbeing at the heart of business is clear. (*Deloitte 2022*)

Our flagship Circus of Life workshop looks at all the demands being placed on today's workforce. This workshop is a half-day version of the Circus of Life.

It begins by looking at what stress is and how it can lead to physical and mental health issues. After looking in more detail at the different types of mental health difficulties and how to spot them (based on advice published by MHFA England), it then goes on to show delegates a full range of wellbeing techniques to help them thrive both personally and professionally.

### Description

This workshop is designed to help everyone in the workplace to better understand their own mental wellbeing, showing them how to spot and deal with the danger areas in their own lives whilst looking forward in a positive and inspiring way.

### Benefits

- Delegates will have an increased understanding of mental health issues and how to spot them in themselves and in others
- Delegates gain a clear understanding of what stress is and are shown how to take a proactive approach to reducing the stress in their lives – leading to improved wellbeing and the reduction of stress induced illness
- Delegates learn to maintain positive mental wellbeing through using a range of tools and techniques
- Reusable tools are provided ensuring sustainability of the training programme

### Facts & Stats

- Around 17 million working days were lost in the UK to sick leave caused by mental health in 2022 (*HSE 2022*)
- There has been a 25% increase in the cost of poor mental health to businesses since 2019
- 61% of employees who leave are citing poor mental health as the main reason
- Recruitment costs have risen substantially
- Presenteeism costs (historically more than twice the cost of absenteeism) have risen substantially, and are further complicated by remote and hybrid working

### Content

This workshop will remove the stigma and lack of knowledge and understanding that surrounds stress and mental health issues.

The first part of the workshop focusses on understanding what stress actually is (medically) and how it is linked to both physical and mental illness. It also looks at the signs and symptoms for all 6 mental health illnesses allowing staff to spot the signs early – in themselves and in others.

It's all very well having this knowledge but, if we want to stay well, we need to be proactive in the management of our stress and wellbeing and that is what part 2 of the workshop is designed to do.

### Aims

- Full understanding of stress and how it can lead to mental health issues
- An understanding of the 6 mental health illnesses (based on advice published by MHFA England)
- A proactive approach to reducing stress and maintaining positive wellbeing

### Results

- A greater understanding of mental health issues and how these can be related to stress
- The ability to spot the early warning signs in themselves and in others
- Raised confidence in talking about stress and mental health issues
- A proactive approach to reducing stress and managing their own wellbeing