



Managing personal health
and corporate wellbeing.



Stress Management

In the UK, over 13 million working days are lost every year because of stress. Work-related stress is a major problem for businesses and organisations across the UK and accounts for over a third of all new incidences of ill health. According to research commissioned by the HSE, around 500,000 people in the UK experience **work-related stress** and at a level they believe is making them ill. This can have major impacts on other elements of business such as productivity, organisational image, health and safety and morale.

Dealing with stress-related claims also consumes vast amounts of management time. Aside from the obvious humanitarian and ethical considerations, there are strong economic and financial reasons for organisations to **manage and reduce stress** at work.

Whatever numbers or statistics are quoted, the cost to an organisation of not tackling stress and its effect on both the individual and the organisation are colossal.

So why should any organisation tackle **work-related stress**?

- To reduce sickness absence
- To benefit your business - tackling stress can have a positive effect on:
 - Employee commitment & engagement
 - Staff performance & productivity
 - Staff turnover
- Staff recruitment & retention
- Customer experience & satisfaction
- Organisational image & reputation
- To comply with the law
- To reduce the cost to your organisation

Manage Health can assist in delivering a whole suite of solutions to both prevent and support stress-related issues, including:

- **Stress Policy Development**
- **Employee Assistance Programmes (EAPs)**
- **Training for managers and employees**
- **Stress Audit and subsequent interventions**
- **Wellbeing Events**

The management of workplace stress is complex, with solutions often multi-faceted and certainly unique to each organisation. To discuss how **Manage Health** can help you and your organisation with stress-related issues as well as stress management training, call us on **0845 2222 208** now.

Call Manage Health now or email us to discuss your wellbeing requirements and see what benefits we can bring to your organisation.

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