

5 WAYS MIND FITNESS IMPACTS

WELLBEING IN THE WORKPLACE

KEY UK FACTS & FIGURES

Our mission is to help organisations understand the importance of Mind Fitness to their ongoing success. From 1-2-1 sessions to rapid-learning workshops, we help employees to manage stress and build the emotional resilience required for optimum wellbeing.



01

Absenteeism

The cost of absence due to mental health to the UK economy



£8.4 billion
per annum



02

Productivity

Percentage of UK workers operating at peak performance



40%



03

Engagement

The UK ranks one of the lowest for employee engagement



18th
out of 20
countries



04

Pressure & Stress

Percentage of work-related ill health caused by stress



37%



05

Impact on Physical Health

Poor employee wellbeing contributes to unhealthy lifestyles



48%



43%

UK adults obese by 2030



SOURCES

(1) Centre for Mental Health, (2) ONS, (3) ORC International, (4) HSE, (5) NHS

CREATED BY

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