

WELLNESS@WORK

2014 RESEARCH RESULTS

Stress levels reduced by 8% in 6 weeks*

Workload pressure decreased by 16% in 6 weeks**

Focus, concentration and memory also increased by 5%.

STUDY GROUP

168 employees across role types and industry sectors participated in an ALCHEMY Wellness@Work workshop during which their health and wellness factors were surveyed. Participants then completed a follow up wellness check 6 weeks later.

THE WELLNESS@WORK SESSION

With so much information out there about wellness and wellbeing, this 1hr session takes an evidence based view, looking at the science and neurology of wellness.

Topics covered include:

COGNITIVE WELLNESS	EMOTIONAL WELLNESS	THE 6 CYLINDERS OF WELLNESS
Our brain @ work Managing cognitive stress	Our limbic system @ work Managing pressure	Nutrition Activity Sleep Social Connections Time Out Outlets

CONCLUSION

The way we are designed to operate and the way we work are out of step.

So much so in fact that very few of us are operating near our full capacity at our desk and this is having an impact on our ability to adapt to change, manage pressure and push the boundaries of our capability.

A 60min workshop focused on learning the fundamentals about how we are designed provides the practical tools needed for staff to make good decisions to be at their best both in and out of the office.

6 CYLINDERS - THE EVIDENCE

In defining the 6 cylinders of wellness, we reviewed the research which shows conclusively that individuals making the right decisions in these 6 areas experience:

- ✓ Lower stress
- ✓ Greater mental alertness and agility
- ✓ Higher sex drive
- ✓ Better problem solving
- ✓ Lower fatigue and more energy
- ✓ More creativity and innovation
- ✓ Higher self esteem
- ✓ Fresher more youthful appearance
- ✓ Stronger memory
- ✓ Longer lives

TOP 10 TIPS FOR INDIVIDUALS

- 1** Get a complete body diagnostic from an integrative doctor to understand your nutritional needs
- 2** Walk for 30mins EVERY day
- 3** Connect with positive people face to face
- 4** Book a mini break away
- 5** Remove smart technology from the bedroom and replace it with a good alarm clock (no snooze)
- 6** Wake up at the same time each morning and get your body into some natural light
- 7** Find that hobby that allows you to unplug and unwind
- 8** Share your plan with someone
- 9** The more stressed you are, the MORE you do these things, not less
- 10** Set a reminder to review your plan once a week for 6 weeks

FOR BUSINESS

THE BUSINESS CASE IN NUMBERS

- **73%** Australians reporting that stress is having some impact¹
- **47%** Working Australians reporting the workplace as a source of stress¹
- **\$11billion** Impact of mental health conditions to Australian workplaces²
- **\$2.30** ROI for every \$1 spent effectively promoting a mentally healthy workplace²

TOP TIPS FOR BUSINESS

- ✓ Identify a 'wellness champion' in a senior role;
- ✓ Promote positive wellness behaviours with targeted, evidence based workshops;
- ✓ Track wellness factors throughout the year to assess risks and celebrate success;
- ✓ Train team leaders to promote and facilitate wellness across their teams;
- ✓ Have an integrated corporate wellness plan and measure it's effectiveness;
- ✓ Have fun with it!

¹ Stress and Wellbeing in Australia in 2013 (Australian Psychological Society)

² Creating a mentally healthy workplace (PWC, Beyond Blue, National Mental Health Commission) 2014