



Mindfulness Matters

Mindfulness practices are proven to help us increase our ability to regulate emotions, decrease stress, anxiety and depression.

When we practice mindfulness, we tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

State of the Nation



1 in 3

of us have at some time been formally diagnosed with mental ill-health

(Mental Health at Work Report, 2018)



61%

of employees have experienced mental health problems where work was a related factor

(Mental Health at Work Report, 2018)



58% of CEOs & MDs believe that employees' mental health is being looked after, compared with just **42% of non-managers**

(Mental Health at Work Report, 2018)



Mental ill-health costs UK employers up to **£42bn per year**

(Thriving at Work Report, 2017)

£94 Billion

Mental ill-health is costing the UK economy **£94bn annually**

(OECD, 2018)

Productivity



The UK is **25% less productive** than the major economies we compete with

(Social Market Foundation, 2016)

Companies with engaged employees **outperform those without by 202%**

(Dale Carnegie, 2016)



38 research studies link mindfulness to increased workplace performance

(mindfulnet.org, 2016)

Happiness



31%

People who rate themselves happy are **36% more motivated** and **31% more likely** to achieve their goals than their unhappy counterparts

(Wall Street Journal, 2011)



12%

Happy workers are **12% more productive**

(University of Warwick, 2015)

Here are a few things you can do to be happier today:

- Practice mindfulness
- Start a gratitude diary to focus on the good things
- Exercise, even if it's just a stroll at lunch
- Avoid 'mood-hoovers' and hang out with happy people
- Take regular breaks
- Review your work-life balance
- Download a helpful app - Moodpath, Head space and 10% Happier are all worth a look

Gratitude



5-minutes a day gratitude journal can increase your long-term wellbeing by more than 10%

(Happier Human, 2018)

25% Happier

Keeping a Gratitude Diary can increase feelings of happiness by 25%

(Thriving at Work Report, 2017)



Practicing gratitude has a significant impact on improving mental health

(Wong & Brown, 2016)

Benefits of Mindfulness:

Increases happiness
 Reduces conflict
 Increases creativity
 Encourages collaboration
 Increases resilience
 Improves communication
 Maintains mental wellbeing

Improves employee engagement
 Positively impacts company reputation
 Supports retention of talent
 Reduces stress
 Reduces absenteeism
 Increases productivity
 Increases profitability

Training



71% ↓

Stress Reduction training resulted in 71% fewer absentee days

(Transport for London, 2003)



88% of 2,250 employers surveyed agreed that 'employers have a responsibility to encourage employees to be physically and mentally healthy'

(Department for Work and Pensions, 2011)

30% Trained

85% of line managers believe they are responsible for employee wellbeing, but only 30% have received training

(Mental Health at Work Report, 2018)

Online Mindfulness training reduced **anxiety by 58%, depression by 57% and stress by 40%**

(University of Surrey, 2018)

