

ARE YOU PART OF THE EVOLUTION OF WORKPLACE WELLBEING?

DID YOU KNOW?

35% of all work related ill health comes from musculoskeletal disorders

37% of all work related ill health comes from workplace **stress, anxiety** and **depression**

You can **save business costs** and **improve employee engagement** through **developing** an organisational **culture** of workplace **wellbeing**

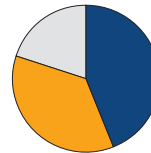
- ✓ Reduce absenteeism
- ✓ Improve productivity and morale
- ✓ Increase employee engagement
- ✓ Create a happier, healthier workplace
- ✓ Retain talent and costs lost through employee illness



Over 85% will suffer from pain relating to their spine, bones or joints at some point in their lives

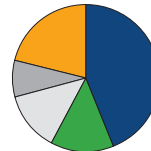
THE COST: WHAT IS IT WORTH TO YOUR BUSINESS?

- **8.9 million working days** were **lost** due to workplace **musculoskeletal** disorders in 2016-2017
- On average **17.6** working days are lost for **each case**
- **12.5 million** working days were **lost** due to workplace **stress, anxiety** and **depression**
- On average **24** working days are lost for **each case**
- Work related **back issues alone** cost Britain's businesses **3.2 million working days** in 2016-2017



WORKPLACE MUSCULOSKELETAL ILLNESS

44% Upper limb issues, **36%** Back disorders, **20%** Lower limb issues



WORKPLACE STRESS, ANXIETY AND DEPRESSION

44% Workload, **14%** Lack of support, **13%** Violence, threats or bullying, **8%** Changes at work, **21%** Other

THE GROWING STRATEGIC IMPORTANCE OF WORKPLACE WELLBEING

All industries and business sizes are affected by work related musculoskeletal or mental health issues



Physical demands



Repetitive work



Wellbeing culture



Mental health



Workplace environment and ergonomics

HOW CONNECTIVE CHIROPRACTIC CAN HELP

- ✓ Tailored Chiropractic treatment packages for musculoskeletal issues
- ✓ Integrative workshops and staff retreats on all aspects of workplace wellbeing
- ✓ Collaborating with you to strategically address and improve the wellbeing of your workforce, delivered in your workplace or our offices
- ✓ Flexible payment options to help with budgeting
- ✓ Empowering your workforce towards its greater potential



#EmpoweringWorkplaceWellbeing **#EmpoweringWellbeing**

www.connectivechiropractic.co.uk

Call us on **07833 585501** or email **james@connectivechiropractic.co.uk** to empower wellbeing and perform at your optimum both at work and at home