



MINDFULNESS

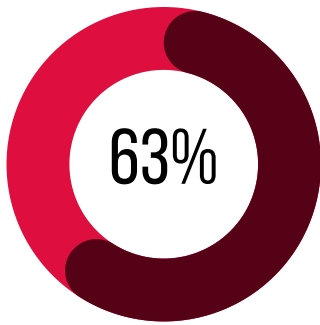
WHAT ABSAFE IS DELIVERING AND WHY YOUR BUSINESS SHOULD GET INVOLVED

Absafe have expanded their Health and Safety Education to include looking after the community's mental health. We give you the skills to look after your mental health.

Absafe offer a program of Mindfulness sessions which can be tailored to your organisational needs. At an affordable cost Absafe will deliver Mindfulness sessions to meet the needs and size of your business. These can be delivered virtually or in person.

Your contribution will support this award winning charity help educate the young people in the North of Scotland, giving them life skills to keep them safe, prevent harm and fatality. This ensures they will become valuable and responsible members of our community.

The sessions delivered by Absafe will introduce the theory behind Mindfulness, the mental and physiological changes which occur and mindful tools to support all needs. This includes how, and when, Mindfulness can be used as a positive mental wellness tool in a variety of situations.

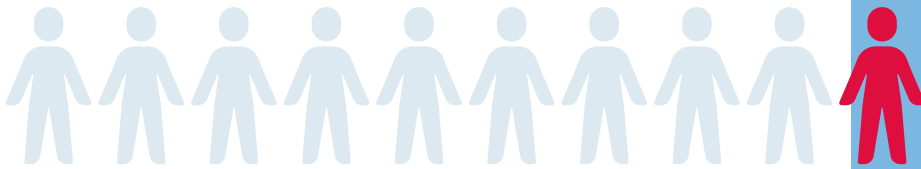


of employees experience stress in their jobs

We know that 63% of employees experience stress in their jobs and poor mental health can cost UK employers up to £45 Billion a year.

In most organisations, 9 in 10 people observed presenteeism* over the last 12 months. The symptoms can range from fatigue, impaired attention, problems with concentration, and poor memory. Managing the challenge of presenteeism of the workforce, especially during the pandemic, has accelerated the need to support staff with their mental wellbeing.

**Presenteeism, or sickness presence, is the act of showing up for work without being productive, generally because ill-health prevents it.*



9 in 10 people observed presenteeism

Mindfulness helps in reducing anxiety whilst increasing productivity and contributes to a greater sense of presence. It helps people to become more successful. Coaching the brain to deal with the body's response to stress is a fantastic advantage for companies; better decisions will be made within your business and improve the welfare of all your employees. This has a huge positive impact on employees and employers as it has a direct relation to good Health and Safety practices. Using mindfulness can keep everyone safer and healthier, whilst benefiting from associated economic gains, reduce absenteeism, and increase productivity.

Mindfulness in the workplace is a hot topic among businesses as a way to help reduce stress which is a dominant cause of employee disengagement that can also hinder productivity. According to a study conducted by The European Agency for Safety and Health at Work, more than half of the 550 million working days lost every year from absenteeism are stress-related. Furthermore, 80 percent of employees report that they feel stress at work and need help learning how to manage it. Researchers have found the benefits of mindfulness are related to its ability to dial down the body's response to stress. Chronic stress can impair the body's immune system and make many other health problems worse. By lowering the stress response, mindfulness may have downstream effects throughout the body.

Employers can expect an average return of £5 on every £1 they invest in staff wellbeing





"I feel like this gave me the tools I was missing to cope with certain situations in work"



"Thoughtful content which inspired me to practise and learn more in my own time"



"I learnt useful and quick exercises which I can put into practice at any time"



"This provided a lot of useful information in self-care and how a positive mindset can help in work and daily life"



"I now have a certain mindset I can take away for the future. I don't see how the session could have been any better"

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