

## Be Fantastic Therapy

- Have you assessed the risk from mental and physical health issues within your work place?
- Work can aggravate pre existing conditions, bring on symptoms or worsen the effects.
- Employers have a legal responsibility to help their employees, whether work is causing the issue or just aggravating it.
- Our services are invaluable for work forces of all sizes.
- We cater to the individual needs of your business and staff.
- On site/off site therapy services available.



## Be Fantastic Therapy

### Methodologies:

- Neuro Linguistic Programming
- Hypnotherapy
- Integral Eye Movement Therapy
- Life Coaching
- Bowen Technique
- Deep Tissue Massage

### Specialising in:

- Anxiety
- Panic Attacks
- Trauma/PTSD
- Nerve Impingements
- Migraine/Headaches
- Disc Related Issues
- Localised Pain/Injuries
- Pain Management

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BE FANTASTIC THERAPY

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## Wellbeing In The Workplace



BE FANTASTIC THERAPY  
MIND & BODY RESET PROGRAMMES

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## Wellbeing In The Workplace

*Employee absence has risen dramatically in the last decade and is still on the rise.*

*The Office of National Statistics reported that the percentage of working hours lost due to sickness and injury had increased by 2.6% in 2022 and cost British businesses £138 billion in 2023.*

*The FT Advisor estimates that this will escalate to £66.3 billion by 2030.*

*Stress, depression or anxiety and musculoskeletal disorders accounted for the majority of days lost due to work related ill health in 2022/23, 17.1 million and 6.6 million respectively.*

- *On average each person took 15.8 days off work.*
- *Mental ill health is responsible for 45% = 19.6 days per year.*
- *Musculoskeletal disorders rated 39% = 13.9 days per annum.*

*Be Fantastic Therapy offers mental and physical wellbeing solutions to help reduce your absenteeism costs and increase productivity within your work place.*

## Talking Therapies

Promoting a 'good' mental health culture in your workplace by offering support to your workforce from the ground level up, can lead to a significant reduction in employee absenteeism.

We all face negative mental health issues at some point in our lives, whether it's a result of injury, bereavement, family breakdown, financial crisis or even sudden changes, especially at work.

- Approximately 1 billion people world wide suffer from a mental disorder.
- 1 in 4 people in the UK experience a mental health problem each year.
- An estimated 1 in 6 adults experience a 'common mental health disorder' like depression or anxiety in any given week.

Everyone benefits from having an independent, confidential person to talk to and this is especially valuable when individuals are operating machinery or managing potentially high risk situations.

## Physical Therapies

As we go about our daily tasks, muscles continuously shorten and lengthen to support our activity. Bad habits, posture or the strain of repetitive activities result in unbalanced tension levels, causing pain and fatigue.

Movement patterns may cause your body to compensate, resulting in rotation or compression of your posture:

- Repeated rotation, flexion or squeezing of the hand may create tension through the wrist, arm & shoulder.
- Regular screen use may result in sore aching muscles in the upper back, neck & shoulders.
- Moving and lifting can lead to lower back pain and aggravate existing issues.

Regular physical therapy realigns and rebalances the body reducing the risk of injury and can be an effective form of pain management for ongoing conditions.

## How we can help?

Be Fantastic Therapy provides treatment plans customized to your workforce requirements. Encouraging your company to thrive with direct access to a range of talking and physical therapies, designed to alleviate anxiety, stress, depression and musculoskeletal related disorders. Early intervention can reduce the risk of escalation into possible long-term debilitating conditions.