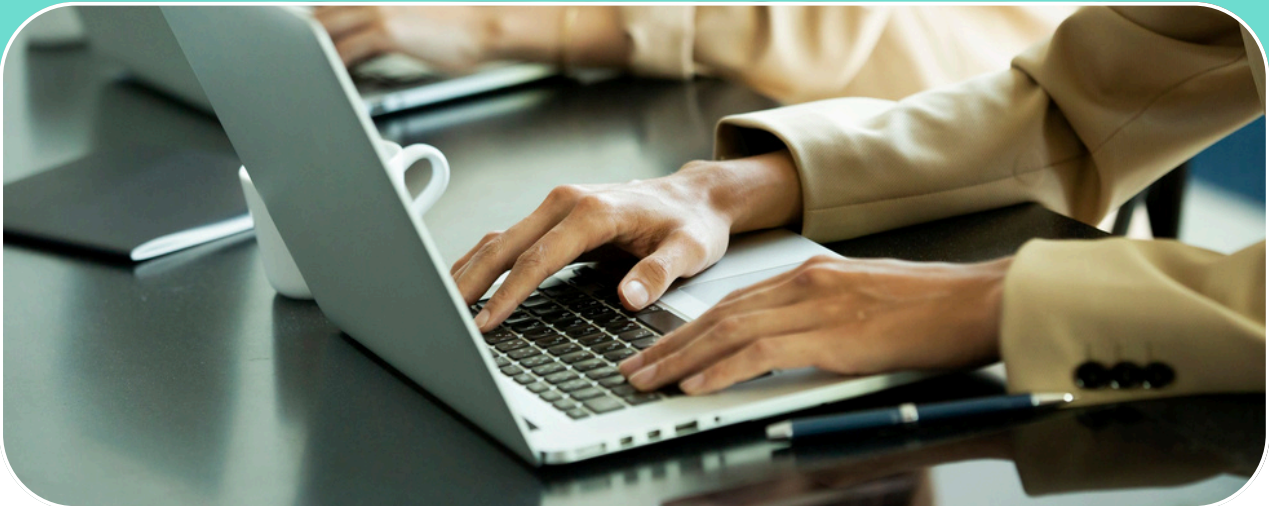




WORKPLACE

WELLBEING



Why does it matter & how to support wellbeing?

Workplaces play a big role in our mental health. Since many of us spend more time at work than anywhere else, it's important we feel safe, supported, and respected in that environment.

A mentally healthy workplace isn't just good for individuals, it also helps organisations by improving productivity, reducing sick leave, and boosting morale. Poor mental health, on the other hand, can lead to stress, burnout, and presenteeism (being at work but not functioning well). Encouraging mental well-being helps everyone thrive.

Creating a positive work environment means addressing factors that affect mental health.

Workplaces should aim to reduce stigma, support people during tough times, and promote a good work-life balance.

To promote well-being at work, encourage work-life balance by offering flexible hours, managing workloads fairly, and setting clear boundaries. Foster a positive culture with open communication, social connections, mental health awareness, and employee empowerment. Provide support through wellness programs, Employee Assistance Programs, training, and safe work environments. Finally, recognize and reward employees regularly and use surveys to gather feedback for continuous improvement (Health Direct, 2025).



Contact Information

Navigate Challenges. Cultivate Growth.

Get in touch today to learn more, see our availability, or book a session.

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