Health is Wealth



The phrase ‘Health is Wealth’ seems to be true. Growing evidence suggests that the health of a company’s employees and the long-term health of the bottom line are aligned and if we treat them as separate we pay the price. For companies the cost is in diminished productivity and loss of talent. For individuals the cost is our health and happiness. The reverse is also true; what’s good for the individual is good for business.

Depression and stress are major sources of lost productivity. Employees with high levels of psychological distress show on average a 7% reduction in performance levels compared to those with low to moderate levels of stress and an additional 16.8 hours per month of absenteeism (Micalla Williden, 2012).

An outcome of high stress is poor sleep, and from poor sleep, increased stress, so creating a vicious cycle. Over 30% of people in the US and UK don’t get enough sleep. When a person is sleep deprived there is a reduction in emotional intelligence, assertiveness, sense of independence, positive thinking, self-regard, empathy towards others and impulse control.

Companies that provide integrative Wellness programmes that include stress management, good nutrition and exercise, will reap the benefits of less sick days and greater focus and productivity. When people understand what makes them thrive, they command greater presence, become highly effective collaborators and inspire those around them to lift their game.   When people find what energises them – the right work style, the right mindset and have the right fuel on board they are unstoppable.

For more information on Stress - See Stanford University's link below

<https://www.youtube.com/watch?v=sPS7GnromGo>

For more information on our approach to change management and client recommendations see websites: <http://www.beconfident.co.nz> or <http://www.linkedin.com/in/stellagreen>