



Bulletin

Topic: World Wellbeing Week

What is World Wellbeing Week?

World Wellbeing Week will be held from the 24th to the 30th of June 2025. The week is dedicated to various aspects promoting wellbeing such as physical, mental, emotional and financial health but also social connections and environmental care. This week encourages individuals and organisations to prioritise wellbeing and engage in activities that support a healthy and balanced lifestyle

What are the benefits of maintaining good wellbeing?

- Maintaining personal wellbeing is crucial because it's a foundation for overall health and quality of life.
- Taking care of your wellbeing helps to prevent stress, anxiety and depression. It improves your ability to cope with challenges, manage emotions and bounce back from set backs whether personal or in the workplace.
- Wellbeing practises like regular exercise, good sleep, and stress management contribute to better immune system, lower blood pressure and reduce long-term illnesses such as heart disease, obesity, and chronic fatigue.
- When you are mentally and physically well, you're more focused, creative and motivated. This leads to better performance at work or in daily life, stronger decision-making and more consistent energy levels.

What can companies do to enhance the overall wellbeing of their employees?

- Train managers in mental health awareness and how to spot signs of stress or burnout.
- Ensure workloads are reasonable and achievable - regular reviews to be carried out.
- Build a culture of respect, inclusion and recognition.
- Set clear expectations around breaks, overtime and after-hours communication.
- Ensure the work environment is safe and ergonomically sound.
- Help employees find purpose in their work by assigning roles and responsibilities through the workforce taking into consideration strengths among the workforce.
- Run anonymous wellbeing surveys



Society

There is an ever growing scrutiny on employers from society in general on whether they genuinely support both the mental and physical health of their employees.

Society is increasingly watching how employers handle the physical and mental health of their workers. As awareness of workplace stress, burnout, and wellness rises, the public now expect companies to be more proactive, open, and supportive in fostering a healthy work environment.

Statistics

It is found that in the UK alone:

- That there was 6,069 suicides registered in England and Wales alone and this is the highest rate since 1999 - (11.4 deaths per 100,000 people)
- Statistics published by the HSE says in 2023/24 1.7 million people reported work related ill-health during 1 year. Approximately half of those were related to stress, anxiety or depression with an estimate of 776,000 cases in 2023/24.
- There is an estimate that over 16.4 million working days were lost in 2023/24 due to work related ill-health or injury. £51 billion: estimated cost to UK employers annually due to poor mental health.
- In England alone there was 5 million referrals to mental health services in 2023 which is a 33% increase from 2019.
- In 2023/24 75% of suicides were male whereas 25% were female
- Mental-health-specific long-term sickness absence cost UK firms approximately £6.9 billion (2019–2023), linked primarily to extended absences of 20+ days
- £21.6 billion lost in economic output due to workplace injury and new work-related ill health in 2023/24—approximately half of these cases involve stress, depression, or anxiety

Support

We can always find it difficult to ask for help, but it is so important that we do, so we can get the correct help and support we need. Below are some freely accessible support lines:

- SHOUT Text Line - Text SHOUT to 85258 (Free, 24/7)
- CALM (Campaign Against Living Miserably) - 0800 58 58 58 (5pm–midnight daily)
- NHS 111 - 111 (Free, 24/7)