

WELCOME!

STARTS 18:30

# Wellbeing Café

While you wait...

- 1.** Please feel free to have your camera and microphone on or off for your own comfort.
- 2.** Feel free to type your experiences or questions in the chat box.
- 3.** There will be an optional meditation session at the end.



# Stay up to date with us

## Who are we?

We organise IET + STEM events and opportunities for University Students and E&T Young Professionals.

Want to join the Committee? DM us on Social Media or email: [ietypcovwarks@outlook.com](mailto:ietypcovwarks@outlook.com)

## Like what you see? Give us a follow!



@ietypcovwarks

@ietcovwarks

Disclaimer:  
**This session  
is not medical  
advice**

This presentation is not intended as medical advice. The content is designed to provide general information about mental health and should not replace professional medical advice, diagnosis, or treatment. **Always consult a healthcare professional for medical concerns.**

# Trigger Warning: **Mental Health**



**Caution:** This session discusses mental health. If you or someone you know is facing mental health challenges, remember, **support is within reach.** Please seek help.

elle



# Check out our signposts

Here are some ways in which you can get the help that you **deserve**:



**NHS MENTAL  
HEALTH SERVICES**

Search - "NHS Mental  
Health Services"

**CHARITIES  
AND  
SERVICES**

Samaritans, Mind  
and Papyrus  
(plus many more)



**IET  
BENEVOLENT  
FUND  
(FOOTHOLD)**

Supporting Engineers  
and their families

# Agenda

## Today's Topics

01

### STATISTICS

Understanding the factors behind good and poor mental health in the workplace.

02

### PRIORITISATION

How can we prioritise my own mental health in the workplace, and what do employers do to help?

03

### FOOTHOLD

Engineers and their families should never face life's challenges alone. You'll find tools to make your life better right now.

04

### MEDITATION

Meditation refers to a set of techniques to enhance attention, emotional awareness, kindness, compassion, sympathetic joy, and mental calmness.

# Statistics on mental health in the workplace

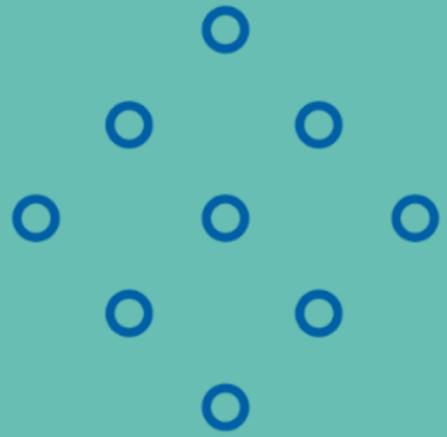
- In 2022, mental health was the 5th most common reason given for sickness absence, accounting for 7.9% of occurrences [Mental Health Foundation].
- 1 in 5 UK workers reported feeling unable to manage stress and pressure in the workplace [MHFA England].
- On average, 18 million days are lost to mental health conditions [British Safety Council].
- For every £1 spent on supporting the mental health and wellbeing of their workforce, employers get (on average) about £4.70 back in increased productivity [Deloitte].



# A puzzle where all the pieces matter

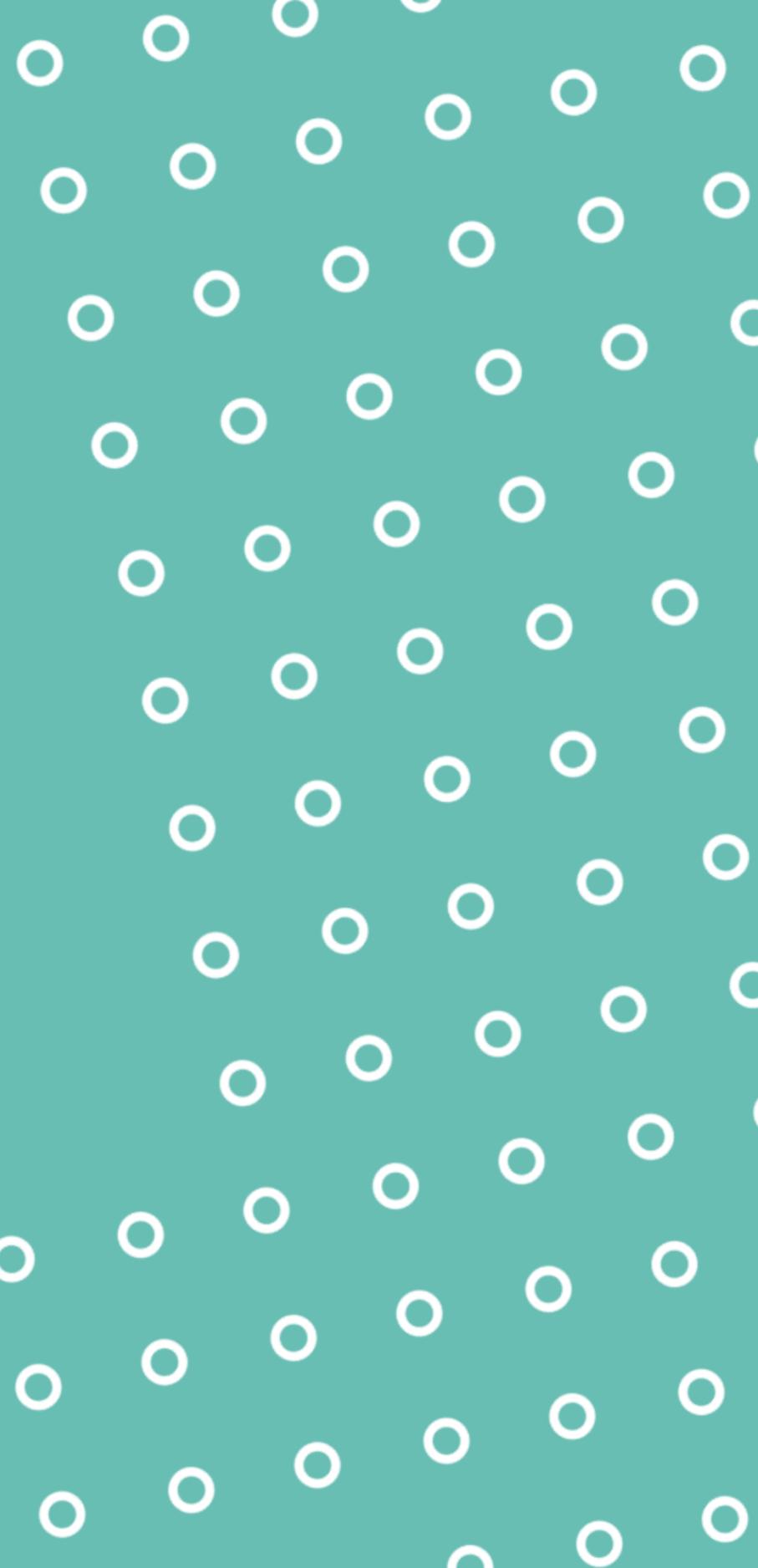
Connection, Contribution, Coping, Control and Confidence. These are crucial for maintaining our emotional well-being. Prioritising your mental health can mean many things, such as engaging in meaningful self-care, practicing a balanced lifestyle and ensuring you get enough sleep are just a few ways to put your functioning first. Employers also have a 'duty of care'. This means they must do all they reasonably can to support workers' health, safety and wellbeing.





# Foothold

Empowering engineers and their families to thrive **since 1890**



# Foothold's Impact

## 2022-23



# Foothold

 **£1.4m**  
spent on  
delivering

 **2,432**  
instances of  
direct support

 to  
**1,589**  
people

 across  
**53**  
countries

 We delivered  
**60,012**  
digital wellbeing  
sessions to support  
community  
members

  
An increase of  
**386%**  
compared to  
2021-22

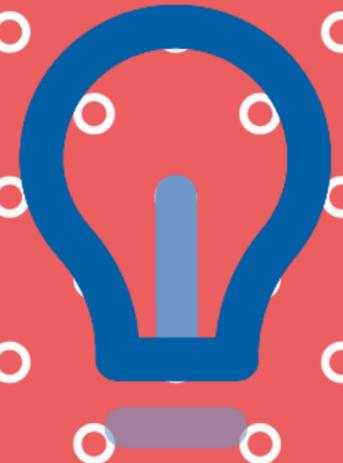
  
We provided  
**471**  
regular and one-off  
grants

  
**326**  
people joined  
our new  
Differently  
Wired Hub

  
**31** volunteers donated  
**1,222**  
hours to support  
engineers in need

# Direct Support

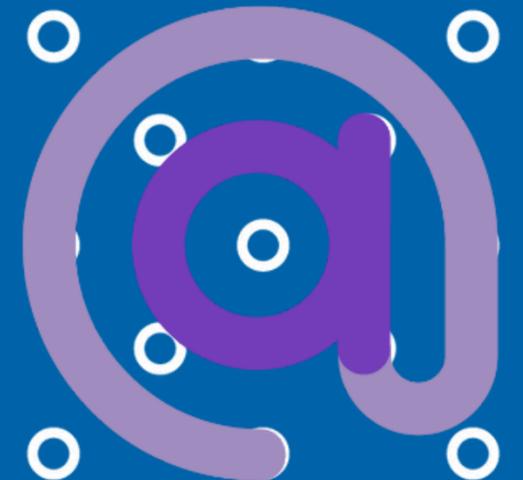
- Money matters
- Health and wellbeing
- Legal issues
- Care and disability
- Work life
- Neurodiversity
- Sleep



# Digital support

Foothold can reach and support many more people through their digital health and wellbeing support, including:

- Webinars
- Expert blogs
- Foothold app
- Wellbeing Hub
- Differently Wired Hub





# Wellbeing Hub

On-demand free support  
to help you  
to thrive

**Access a world of**

**FREE webinars**



# You can support us in other ways too

There are plenty of opportunities to get involved with Foothold, to help us raise funds or deliver our services:

- Take part in a fundraising challenge
- Become a volunteer
- Host a fundraising event

**Find out more:**

[www.myfoothold.org/get-involved](http://www.myfoothold.org/get-involved)



# Connect with us

**Website:** [www.myfoothold.org](http://www.myfoothold.org)

**Facebook:** [www.facebook.com/YourFoothold](http://www.facebook.com/YourFoothold)

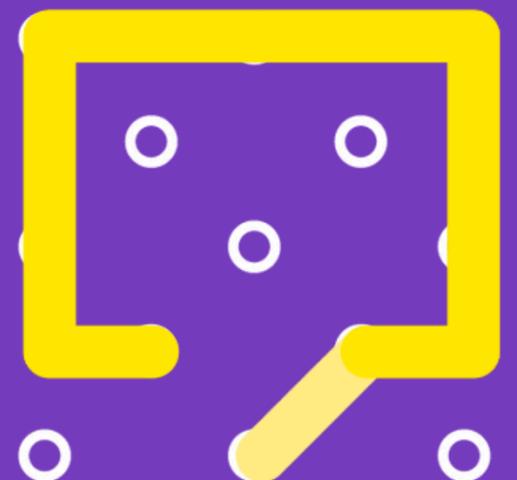
**Twitter:** @HelloFoothold

**LinkedIn:** Foothold (The IET Benevolent Fund)

**Instagram:** @HelloFoothold

**Call:** +44 (0) 7923 257 087

**Email:** [contact.us@myfoothold.org](mailto:contact.us@myfoothold.org)



# Thank you for joining us!

Please feel free to join us for a short  
5-minute guided meditation session if  
you wish.

Otherwise, we wish you a pleasant rest of  
your evening, and hope to see you at  
future events!

