

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

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

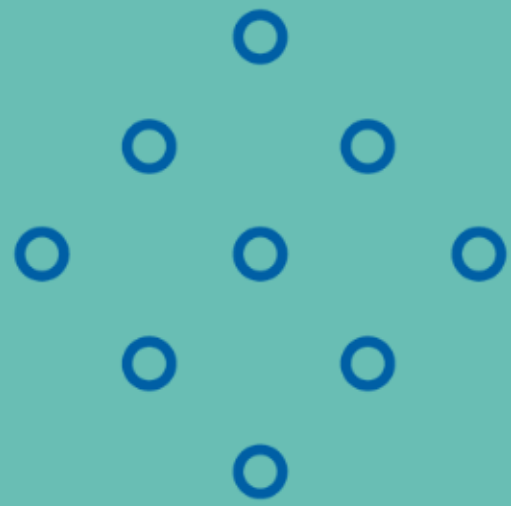
- In 2022, mental health was the 5th most common reason given for sickness absence, accounting for 7.9% of occurrences [Mental Health Foundation].
- 1 in 5 UK workers reported feeling unable to manage stress and pressure in the workplace [MHFA England].
- On average, 18 million days are lost to mental 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



Connect with us

Website: www.myfoothold.org

Facebook: www.facebook.com/YourFoothold

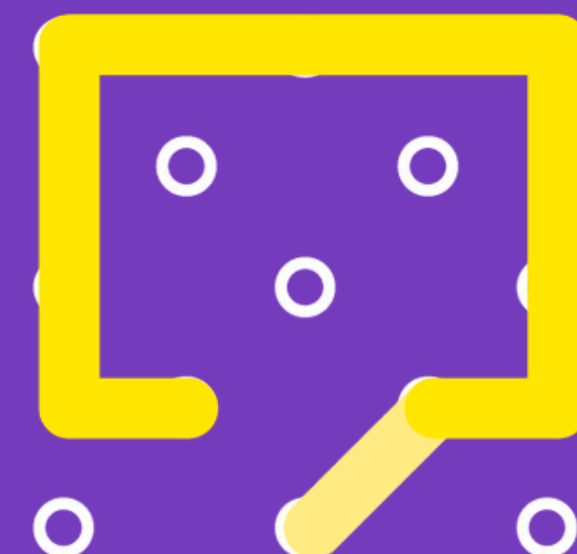
Twitter: @HelloFoothold

LinkedIn: Foothold (The IET Benevolent Fund)

Instagram: @HelloFoothold

Call: +44 (0) 7923 257 087

Email: contact.us@myfoothold.org



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!

