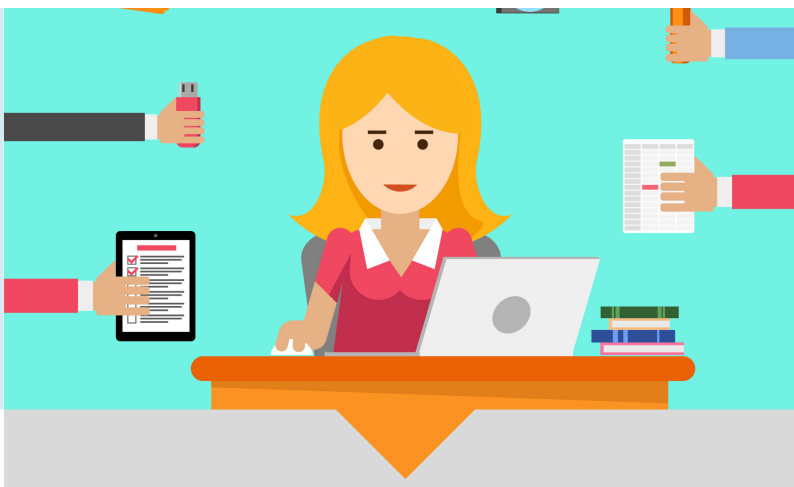
INVOKE Well-Being

Enhancing your workLIFE

Well-Being and Stress

828,000

WORKERS SUFFERING FROM WORK-RELATED STRESS, DEPRESSION OR ANXIETY



17.9M

WORKING DAYS LOST DUE TO STRESS, DEPRESSION OR ANXIETY

In 2019/20 stress, depression or anxiety accounted for 55% of all working days lost due to work-related ill health.

WHAT CAN YOU DO?

Well-Being and Stress Workshop

Invoke Well-Being's one hour virtual workshop is designed to revisit what stress is, how it can affect us physically and mentally and explore practical tools to help manage stress and improve well-being including breathing techniques, mindfulness, reframing negative thoughts and more.

One to one sessions with a Counsellor are also available for anyone wishing to discuss their concerns in more detail

CONTACT US

07833 670646

enquiries@invokewellbeing.co.uk

www.invokewellbeing.co.uk