

# Increase productivity with our corporate wellbeing solutions

Chakra's training has been built to increase mental strength and resilience to high levels of stress, using early intervention for increased productivity.

We might not always be able to see mental health at work and mental health in business can seem like a huge area; sometimes HR professionals just don't know where to start. It might also seem that exploring mental health at work means we are opening a can of worms, creating lots of uncertainty around what kinds of issues might surface.

## So why bother?

When staff are mentally unwell, there is a significant cost to business. This is estimated to be between £33-42 billions pounds every year. No business is immune to staff becoming mentally unwell and research suggests that 1 in 4 people are likely to struggle with their mental health during their lives. Productivity and performance are hit hard due to absenteeism and presenteeism. The latter comes at the greater cost; presenteeism is understood to contribute two thirds to the total cost of mental ill-health at work.

There are a number of reasons staff may be present but not performing:

- Fear of the stigma and perception of being weak
- Denial or lack of understanding around their mental health circumstances
- Fear of losing their job or not being paid if they take time off
- Fear that appropriate support is not available
- Fear that they will not be believed

## The good news

The good news is that supporting mentally unwell staff does not have to take a huge effort or cost the earth and businesses can start by making mental health conversations part of their culture. This is an important part of tackling the problem as open conversation will help us to understand where the specific issues lie in our businesses. A mental health course such as the one below can give people a solid understanding of how they can take control of their own mental health circumstances and support others in doing the same.

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Call us on **0113 479 0292** | [info@chakracorporate.co.uk](mailto:info@chakracorporate.co.uk) | [www.chakracorporate.co.uk](http://www.chakracorporate.co.uk)



**CHAKRA**  
Corporate Mental Strength

Feeling the Chakra benefit...

BYTEMARK

PAVERS

LivingCare

DAILY EXPRESS

MINT  
HUMAN RESOURCES

TranQuality



Alcumus  
Safer. Healthier. Stronger.

KIRKLEES COLLEGE

MACCOMMS

AMS  
Rehab Across Boundaries

NEUPC

PUMA

BOULTING

time to change  
let's end mental health discrimination

henry  
Helping Staff, Helping Teams

ASU  
All in the same cup

CIPD

JOURNEY FURTHER

blatchford

# Using health reflection to recover from intense working

## Relax and Reflect

If your workplace is tapping into the vast area of workplace wellbeing, Relax and Reflect is the perfect way to introduce ways of preserving mental health in a light-hearted and easily-digestible way.

This mind, body and spirit style session will support colleagues in developing an understanding of how they can be more in tune with their own levels of wellbeing and maintaining positive mental health using different styles of healthy emotional expression.

We will practice different forms of meditation that bring our physical, mental and emotional beings together into a state of complete union and calm. These different styles can be applied in any environment and do not require specific environments or time-investments to be successful.

Part of this session will include insight into artistic expression and creative therapy that can be indulged in with others or on our own. These exercises can be very helpful for balancing our mental state and helping us feel more grounded in regulating our feelings through activities such as breathing effectively and changing our physiology.

We will understand how adopting an attitude of gratitude can instantly crush unhealthy feelings including fear, sadness and apprehension as we move our thinking towards more positive aspects of our situations.

Course sections can be split and delivered in a way that meets your business needs and the time-availability of your staff.

### Outcomes:

- How to reduce stress using quick and easy techniques
- How to introduce relaxation into your regular working routine
- How to feel more comfortable with reflecting on your patterns and applying changes
- How to loosen up your body and feel mentally and physically calmer
- How to use creative practices to aid a relaxed state

Ideal for any staff that are interested in improving their mental health.

Course length: 2 hours

Group size: 8-15

Location: Your workplace

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Call us on **0113 479 0292** to find out more or to book a course.  
Or you can always email us on: **[info@chakracorporate.co.uk](mailto:info@chakracorporate.co.uk)**

Not ready to book a full course? Why not try a 2 hour taster session?

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