



The **PHS** Stress Management Program

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Introduction to The PHS Stress Management Program

This life-changing, tried and tested 6 module program covers key, basic wellbeing principles. Rather than tackling one wellbeing element – such as nutrition, we focus on a more rounded approach - including, movement, nutrition, sleep, breath work and relaxation. Stress impacts all of these key areas - and stress can be better managed by creating simple new habits in each of these key areas.

The PHS Stress Management Program is offered as a preventative healthcare solution, the perfect employee wellbeing program, driving both employee engagement and authentic shifts in wellbeing.

The PHS Stress management Program provides education and practical support, resources and exercises around; basic nutrition, meditation, relaxation, exercise, sleep, basic yoga, and breathing – all with the purpose of giving the participant not only education from a reliable source, but a sense of control and responsibility in managing their health and stress levels.



The program has already been successfully piloted with GP Practices and corporate organisations within the UK, with life changing and impactful results. The **PHS** Program is proven to change lives for the better.

Giving Back and Supporting your Local Community (CSR opportunity)

The PHS Program makes it easier than ever for organisations to give back, not only to their employees, but also to the wider local community.

We've designed our offering to provide a win situation for employees, a win situation for employers and a win situation for the wider local community and a win for the planet too.

Plus, to support a sustainable future, we're proud to have partnered with **The International Tree Foundation** so that every license purchased supports the wider global community and the planet.

GOOD for your organisation

GOOD for your employees and

GOOD for the wider local community

GOOD for the planet

“

The feedback we've received has been so positive that we now consider this programme an integral part of our wellbeing strategy.

*— Sarah Lee Boone, Chartered FCIPD
Director of People and Organisational
Development*



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The Program is ideal for employers who...

- have identified they want to support their workforce in taking control of their health/stress management.
- have identified mental health and wellbeing issues within their workforce which impacts productivity, such as: anxiety, panic attacks, low mood, poor nutrition or diet issues.
- have identified that their workforce would benefit from clear direction and practical advice, accessible in flexible and self-managed way, to support employees to get started and stay on track.

Covid 19 and Mental Health

Latest research from NICE states that on a population-wide basis, the negative mental health effects of the pandemic are likely to last much longer than its physical health impacts. The effects of physical distancing, social isolation, and lockdown on individual mental wellbeing, as well as the loss of a loved one, increase the mental health challenges for the UK population – reporting a 60% increase in concerns around mental health.*

There will be no vaccine to protect us from for the mental health effects of the pandemic, but preventative healthcare measures can be taken to minimise the anticipated increase in stress, anxiety and depression and to support people's resilience.

This life-changing, tried and tested program covers basic wellbeing principles teaching attendees how to move more, eat well, sleep better, relax and repair and how to breathe efficiently - all in the pursuit of overall better stress management.

“

*Overall I feel more confident and empowered to better manage my stress levels.
Thank you.*

— Mary R

”



Week by Week Look: The PHS Stress Management Program

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Module 1 - Intro and Starting the 6 Week Program

- Getting started Introduction to the Program: Wellbeing Wheel Exercise
- Stress - What is stress and how it impacts our health
- Exercise: Food and Mood Diary
- Breathing for stress management - Plunger Breath Exercise
- Movement for reducing stress – Movement Program 1
- Relaxation session

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Module 2 - Nutrition and Stress Reduction

- Introduction to Nutrition and Stress Management
- Exercise: Reviewing Food and Mood Diary
- Breathing and stress - Hot Air Balloon Breathing Exercise
- Movement for reducing stress – Movement Program 2
- Relaxation session
- 10 Healthy Food Swaps

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Module 3 - Breathing and Stress Reduction

- Introduction to Breathing for Stress Reduction
- Nutrition Tips - Eat the Rainbow
- Breathing Exercise - 'Mind the Gap'
- Movement for reducing stress – Movement Program 3
- Relaxation session



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Module 4 - Movement and Stress Reduction

- Introduction to Movement and Stress Reduction
- Nutrition Tips - Healthy Fats
- Breathing Exercise - Wax on / Wax off
- Movement for reducing stress – Movement Program 4
- Relaxation session

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Module 5 - Sleep and Stress Reduction

- Introduction to Sleep and Stress Reduction
- Nutrition and Sleep
- Breathing Exercise - 'Happy Feet'
- Movement for reducing stress – Movement Program 5
- Relaxation session
- Six Gentle Yoga Postures for a Good Night's Sleep

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Module 6 - Final Week Review and Keeping it going...

- How are you doing so far? Wellbeing Wheel Check In (Assessment of pre and post program)
- Nutrition Round up and Actions
- Breathing Practice - Bringing it all together 'Yogi Breath'
- Final Round up from the PHS Team - helping you to stay 'stress free'
- Tools and resources to continuously support you
- Relaxation session
- BONUS: Mindset - Helping you to get your mindset into the right place to better manage stress.



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Access to library of support and resources

As well as over 6 hours of practical support and advice, within the course program participants will also be given access to a dedicated range of resources and materials to support their progress. Together with the 6-week stress management course, there is unlimited access to resources including:



Wellbeing Wheel

A tool designed to support employees in assessing key areas they need to focus attention.



Mood and Food Diary

A tool that employees can use regularly to monitor and learn about what's working for them week-by-week.



Nutrition tips

Professional advice, help sheets and recipes around nutrition and stress management



Meditation sessions

Professionally commissioned series of 6 nurturing meditations – to support stress, sleep and general wellbeing.



I feel so much more educated and informed about how to take care of myself. Thank you, the course changed my life.

— Ali P



Sleep resources

Helpful advice sheets, articles, recommendations and tips.



Movement videos

Range of short video sessions for participants to continue to keep moving.



Mindset exercises

A series of 6 NLP (neuro-linguistic programming) mindset exercises to support positive thinking and mental wellbeing.

Program Onboarding

The PHS is on a mission to empower as many individuals as possible to learn how to better take care of themselves – and to support employers in providing an authentic solution for wellbeing and stress management for their employees.

To that end, we've made the Program as accessible as possible from a cost per employee perspective.

We offer a simple scaled model. Effectively, the more 'licensees' you buy, the more cost effective the program becomes. (And of course, the more 'gifts' you're able to donate to your local community).

Example: (to give you an idea of gifts for your local community)

The license for each employee runs for a 12 month period. The license includes unlimited access to the course and also to the full library of resources which is updated on a monthly basis.

The annual license does not include the additional services you can opt for.



Reporting and Insights

As a Program Administrator you will have access to full visibility as to how many of your employees are engaging with the program, their progress and there's also the opportunity to remind them to 'register' and get started.

Onboarding and set-up

We recognise that people management teams have their hands full already. To that end we've made the onboarding and set-up as simple as possible. Simply share a list of all employee email addresses wishing to access the program, and our system will automatically take care of the rest, uploading, inviting them, giving them access and sending reminders.

We have also developed a 'Marketing Program' – an optional package which you'll find in Additional Services.

	Employees	1-20	20-100	100-500	1000+
	No. of gifts	10	20	75	150

Additional Services

Live Q&A / Expert Sessions

There's also the option to add to your Program 'LIVE' Webinars / Q&A Chats on specific topics during the 6 week program with our expert practitioners. These sessions can be tailored around, Sleep, Nutrition, Mindset, Breathing, Movement or Relaxation – to meet the needs of your employee program.

Marketing Program

We recognise that bringing a well-being program on board for employees doesn't necessarily mean that all employees will automatically rush to join the program. However, we've designed a full communications / marketing program to support you in rolling out the program internally.

This marketing program has been tested and optimised during our pilot programs working with HR Directors – and is designed to support uptake and engagement.

This marketing program can be added to your PHS Program package or there is the opportunity for our experienced marketers to work with you and your team to tailor the communication program to meet your exact needs.

Branded Workbooks

Whilst the online course works perfectly and offers ease of access, flexible learning and simple usability, there are some people who prefer to put pen to paper when completing exercises and embedding their learning. We have developed a 32-page PHS 6 Week Stress Management Workbook. You can order the specific number of copies required to provide to employees – and of course, this provides opportunity to co-brand the workbook.



The PHS Why We Exist: The Scary Bigger Picture

The UK has a health and wellbeing crisis on its hands:
Why employee engagement and employee wellbeing matters

In the UK, we are spending **£97 billion** of public money on treating disease and only **£8 billion** preventing it.

— Matt Hancock,
Former Health Minister 2019-2021

The Business Case

- **£21,510,083,000** = the annual cost of disengaged employees across the UK
- **32.3M million** people employed in the UK
- **85%** not engaged or not actively engaged at work.
- Cost per employee of profit loss due to 'disengagement' – approx. **£10,000 per annum**
- On average, presenteeism costs businesses **£605 per person each year**
- Absenteeism and presenteeism together cost the UK economy **£73 billion per year**
- Presenteeism is often cited as the biggest threat to workplace productivity in the UK

[YouGov Global WorkPlace Report, EY Research]

The Human Case

- Approximately **1 in 4 people** in the UK will experience a mental health problem each year
- In England, **1 in 6 people** report experiencing a common mental health problem (such as anxiety and depression) in any given week
- It appears that how people cope with mental health problems is getting worse as the number of people who self-harm or have suicidal thoughts is increasing
- Teenage suicide is on the rise - **67% increase since 2000**
- Suicide is now the most common cause of death for men aged 20-49 in England and Wales
- Approx. **4.6 million** people with diabetes in the UK
- Obesity is the leading cause in the majority of preventable cases

Our health and wellbeing crisis are impacting both society and business.
The human cost is what we need to support first and foremost.
Prevention is better than cure...

About The Preventative Healthcare Service

Stress Management, Anxiety, Mental Health & Wellbeing Education and Support

The PHS is an independent social enterprise founded by a group of people dedicated to making big changes in the way healthcare is managed in the UK.

The PHS teaches people how they can better manage stress and anxiety in their lives – with a focus on prevention rather than cure. The mission is to educate, inspire, nurture, empower and support people to take control of taking care of themselves.

— Michelle Carvill, PHS Founder

- The UK is fast becoming a nation addicted to anti-depressants
- The drugs aren't working
- Stress and Anxiety is on the increase
- Suicide is on the increase
- Diabetes is on the increase
- Nationally, we have a mental health and wellbeing crisis regardless of age or gender
- The NHS can't solve this alone

People need to learn how to take care of themselves.
The **PHS** is dedicated to just that...

For more information visit www.preventativehealthcareservice.co.uk
Email: team@preventativehealthcareservice.co.uk

MOVE MORE – EAT WELL – SLEEP BETTER – RELAX – BREATHE BETTER

