

Equine Assisted Learning: Tackling Work Related Stress

11.7 Million Working Days Lost
Due to Work Related Stress, Depression or Anxiety
45% of All Working Days Lost!

Labour Force Survey (LFS) for 2015/16

The latest **shocking** estimates from the **Labour Force Survey (LFS)** show:

- ❖ The **total number** of cases of **work related stress, depression or anxiety** in 2015/16 was **488,000**.
- ❖ The number of **new cases** was **224,000**.
- ❖ The total number of working **days lost** equated to an average of **23.9** days lost per **case**.

The professional occupations category has significantly higher rates of work related stress than the rate for all occupations.

Work-related stress is defined as **a harmful reaction that people have to undue pressures and demands placed on them at work.**

Stress is more prevalent in **public service industries**, such as **education; health and social care; and public administration and defence.**

Work related stress, depression and anxiety continue to represent a significant ill health condition in the workforce of Great Britain.

Workload pressures, including **tight deadlines, too much responsibility, job insecurity and insensitive management** are all factors involved in work related stress. Other factors identified included a **lack of managerial support, organisational changes** at work, **violence** and **role uncertainty** (lack of clarity or control about job: uncertain what to do or how to achieve it.)

Dealing with these issues **reverses the abnormal physiological response associated with stress.**

**Have you heard about Equine Assisted Learning (EAL) and Neuro Linguistic programming (NLP):
A unique learning combination with amazing benefits?**

Inspired Equine Assisted Learning CIC facilitate programs that are wonderful for helping clients re-establish themselves as **calm, confident and assertive individuals**. Horses are finely attuned to the emotions and body language of others and **respond** to human feelings and actions; **revealing** things about our **behaviour** and ourselves.

There are many different NLP techniques that can be used to **create fresh and effective methods** to develop the mind-set that gives you the **positive outcomes** you desire. EAL + NLP is an **extremely powerful** way of allowing people to **discover** their own **individual solutions** to any problems they wish to address.

Did you know there is a local EAL + NLP centre with programs specifically designed to help with Work Related Stress, Depression or Anxiety?

For more information or to arrange an informal visit to the Centre to discuss your needs, please:

Telephone **Mike Burrow** on **07729 909186**, email **info@inspired-eal.co.uk** or see our website **inspired-eal.co.uk**

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