



Products that promote.
Ideas that inspire.

The background of the advertisement is a photograph of a calm body of water, possibly a lake or a wide river. In the center, a small, rustic hut with a thatched roof sits on a small island or peninsula. The water is still, reflecting the surrounding greenery and the sky. The background is a dense, misty forest of tall trees, creating a sense of depth and tranquility. The overall color palette is dominated by blues, greens, and earthy tones, contributing to a peaceful and natural atmosphere.

Promote wellbeing

Modern life is relentless. Create a little calm.

Make a difference

Modern life is relentless with reports of stress, anxiety and depression related symptoms at an all-time high. Everyone should be finding ways to look after their mental health, and we should help each other with our wellbeing too.

Why not take the lead by encouraging your staff or customers to consider their issues? Wellbeing is not just important for individuals but entire companies – a happy company works considerably better than an unhappy one. By supporting staff wellbeing, you reap the benefits through enhanced morale, loyalty, innovation and productivity whilst showing you care.



1-in-6 UK adults experiences a common mental health problem every single week



15.4 million work days were 'lost to stress' across the UK between 2017 and 2018



60% of employees would feel more motivated if their employer supported mental wellbeing

Supporting your campaign

Creating a Wellbeing Pack is a great way to raise awareness with employees and customers. You can include useful information and branded products to emphasise key aspects of your campaign. The obvious choice when thinking of branded wellbeing products is stress balls, but why not get creative with your campaign? They may be fun and squidgy but there are many other great products suited to helping you highlight issues.



Sleep mask

Shut out the world for a little while and take a break. Combine with ear plugs for best results.



Heat pack

One little snap and lovely soothing warmth for those cold days or aches and pains.



Sanitiser spray

No-one likes winter colds and bugs. This handy sanitiser might just help to keep them at bay.



Lip balm

Even the smallest things can make a difference. Dry or sore lips can be irritating and distracting whilst working.



Ear plugs

Pop them in and the world melts away into near silence. Great for sleep or escaping the rest of the office!



Stress ball

It's squidgy and ready to take all your frustrations and stresses. Great way to exercise tired hands and fingers too.



Fidget spinner

The ever popular fidget spinner offers a great way to refocus and distract yourself for a few minutes.



Tissues

Tissues for issues! Whether it's for a cold or for drying away a few tears, a handy tissue is always comforting.



Pedometer

Exercise can help to reduce stress levels. Set yourself a movement goal and take a step towards a better future.



Massager

Who doesn't like a massage? Roll away your aches and pains. Or maybe a colleague's.



Dextrose energy

Flagging at work and need a boost? These dextrose tablets can help to get those sugar levels up fast.



Office survival kit

All you need to survive the office germs in one handy waterproof zipper bag.



Lavender oil

Known for its relaxing and calming properties. Apply to pulse points to soothe away your worries.



myNo journal

Writing about your life and worries can be very therapeutic. Our journals are designed to help you record and plan.



Water bottle

We all need to drink more water. Being dehydrated seriously affects concentration and can cause headaches.

How to promote wellbeing

Getting senior leaders on board

Senior staff should send a clear message that staff wellbeing matters. When the boss speaks out about mental health in the workplace, it can have a huge impact. Leaders can show commitment through simple actions such as encouraging staff to take lunch breaks and work healthy hours.

Raising awareness

In many workplaces mental health is the elephant in the room. Employees are often scared to talk to their manager and problems can spiral. Employers need to raise awareness and promote discussion of mental health and wellbeing to proactively challenge this harmful culture.

Induction and training

Ensure staff are given information at induction on how mental health is managed and what support is available. Equality and diversity training should also cover mental health.

Make the most of internal channels

Raise awareness through blogs, posters, noticeboards, newsletters, intranet and internet pages to get the message out.

Make a statement

Create and publish a company policy on mental health and wellbeing for all staff and customers to see.

Call us on
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or visit our website
www.giltedge.co.uk

