

STORY OF MY LIFE  
Journal  
**WELL@WORK**  
CORPORATE SUPPORT PROGRAM

Story of My Life Journal is designed to support you in ensuring your colleagues are WELL@WORK and are getting the most out of their lives – no matter where they are.



## WHY MENTAL HEALTH MATTERS (ESPECIALLY IN THE WORKPLACE)

Did you know half (45%) of all Australians – that is: your workforce – will experience mental ill health at some point? And that's according to **Beyond Blue** – a very respected source.

A recent study found that, at any given time, about 20 per cent of the population will be experiencing a mental health challenge ([source](#)).

The impact of that is direct (sick pay; benefits; social security; medical treatments) and indirect (loss of productivity and potential output; low morale).

The financial costs (including to companies) are scary.

The US estimates for national spending on depression range from \$USD 30-44b (that's **BILLION!**), with about 200 million days lost from work each year. The UK's Health and Safety Executive estimates mental health problems are the second largest category of occupational ill health after muscular-skeletal disorders, resulting in 5-6 million (**MILLION!**) working days lost each year.

SOURCE: INTERNATIONAL LABOUR FORCE, GENEVA



ABOUT 90% OF EMPLOYEES THINK MENTAL HEALTH IS AN IMPORTANT ISSUE FOR BUSINESSES, YET ONLY 50% BELIEVE THEIR WORKPLACE IS MENTALLY HEALTHY.



EVERY DOLLAR SPENT CREATING A MENTALLY HEALTHY WORKPLACE CAN, ON AVERAGE, RESULT IN A POSITIVE RETURN ON INVESTMENT OF \$2.30.



THREE QUARTERS OF JOB SEEKERS SAY A MENTALLY HEALTHY WORKPLACE IS IMPORTANT.

ORGANISATIONS WITH A POSITIVE APPROACH TO MENTAL HEALTH HAVE:

- **INCREASED PRODUCTIVITY**
- **IMPROVED WORKER ENGAGEMENT**
- **INCREASED RECRUITMENT SUCCESS**
- **BETTER STAFF RETENTION**

ORGANISATIONS WITH A POSITIVE APPROACH TO MENTAL HEALTH ALSO HAVE REDUCED:

-  **ABSENTEEISM**  **RISK OF CONFLICT**
-  **GRIEVANCES**  **DISABILITY INJURY RATES**
-  **PERFORMANCE AND MORALE PROBLEMS**

## WHAT STORY OF MY LIFE JOURNAL OFFERS

Our mission is to **support and promote positive mental health and wellbeing** by providing accessible insights, tools, resources, and products that help people better understand who they are, where they want to go, and how they'll get there.

Story of My Life Journal leans on more than 100 sources and evidence-based wellbeing, mindset, and goalsetting approaches to support people in making genuine change in their lives. This invaluable resource provides users with a **daily support tool that promotes positive emotion, personal accountability, and a clear sense of meaning and purpose** – all with minimal intrusion into daily routines.

Story of My Life Journal was deliberately developed to be low-maintenance, so as not to become a time-burden, with morning and evening check-ins recommended to take no longer than 10 minutes, providing **straightforward ways to practice positive psychology strategies in everyday life**.

**STORY OF MY LIFE JOURNAL ENABLES YOU TO DEMONSTRATE YOUR ORGANISATION'S COMMITMENT TO MENTAL HEALTH AND THE POSITIVE WELLBEING OF YOUR COLLEAGUES THROUGH:**

- Evidence-based wellbeing, mindset, and goalsetting practices designed for daily use.
- Tools and strategies to specifically support people in managing stress and challenging situations.
- Enhanced understanding of self.
- Improved relationships and connections with others.
- Guided support to implement and sustain positive behaviour changes.



**WELL@WORK Corporate Support Program – Resources**

	<b>ORDER VOLUME</b>	<b>DISCOUNT</b>	<b>COST-PER-COPY</b>
Story of My Life Journal	1-10	15% + Free Shipping	\$67.99
	11-50	25% + Free Shipping	\$59.99
	51+	35% + Free Shipping	\$51.99

**WELL@WORK Corporate Support Program – Additional Support**

	<b>FORMAT</b>	<b>PRESENTATION ONLY</b>	<b>PRESENTATION + JOURNAL ORDER</b>
WELL@WORK Presentation	Live in-person presentation	\$3,000	Presentation fee minus total journal costs.
	Live virtual presentation	\$1,500	

**FIND OUT MORE**

[storyofmylifejournal.com](http://storyofmylifejournal.com)

**BOOKINGS/ENQUIRIES**

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