

HOME / JUNE IS NATIONAL EMPLOYEE WELLNESS MONTH



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by: Gloria

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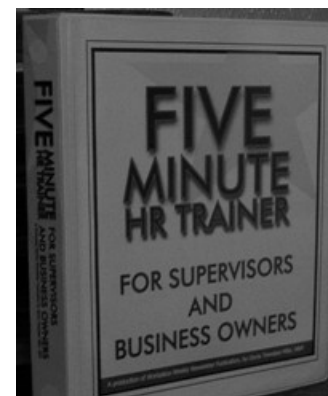
June marks the 4th annual National Employee Wellness Month in the U.S. This year, FEI Behavioral Health encourages employers to focus on the mental wellness of their workforces in addition to the physical wellness.

Most companies already offer a variety of options for physical exercise, and many have even invested in healthy eating programs. However, organizations and individuals often overlook the importance of mental well-being. Without an equal focus on emotional and social factors, physical challenges cannot be properly addressed.

Just as Health Risk Assessments provide a gauge of physical wellness, personal resiliency surveys help individuals discover their mental outlook and strengths. FEI works with employees to build their resiliency and identify resources for life's tough times.

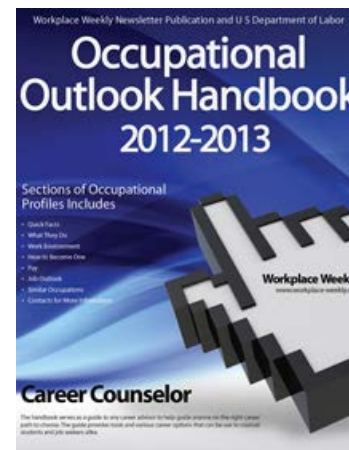
Mental health support is sometimes seen as only a reactive solution, but used proactively in conjunction with other wellness tactics; can reduce the prevalence of absenteeism and presenteeism, decrease the frequency of dangerous work situations and lead to a happier, healthier workforce.

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Studies show a direct causal link between stress and disease. Approximately 80 percent of visits to primary care physicians are due to chronic stress, and nearly 70 percent of U.S. workers report that stress is pervasive in their work environment.

Wellness initiatives like a robust Employee Assistance Program, EAP provide quick, reliable guidance on everything from stress management to family care options, so staff can work with greater peace of mind.

Changing Behaviors

Information on staying healthy seems to be available everywhere these days, but it's important to remember that information does not necessarily equate to behavior. Just because someone learns how to eat right or properly cope with stress, doesn't mean they will. A strong wellness program with behavioral health components will help foster positive behavioral change among employees.

This June, find the best combination of physical and mental wellness.

FEI Behavioral Health offers flexible solutions for the full spectrum of workforce resilience goals, from wellness services and EAP, to crisis preparedness. The company is part of Families International.

<http://www.feinet.com>.

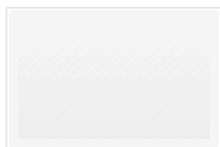


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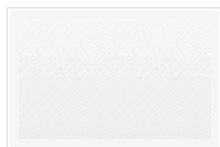
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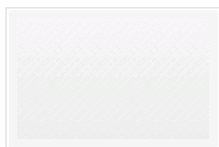
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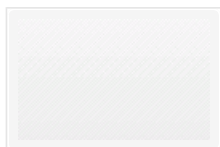
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