

Mental and Physical Health Wellbeing - Breaking the Stigma

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Who's in the Room



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- Personal Journey
- Statistics
- What works us for Mental Wellbeing
- What works for us for Physical Wellbeing
- Self-care tips
- Resources



Agenda

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Objectives

- Taking this training can make a difference in your life or your employees life in a positive way
- Walk away with a better understanding of how to support your employees and yourself when it comes to mental and physical wellbeing
- Show where to get resources and what has worked for companies and the two of us
- Give opportunities for future trainings for other employees to attend – mental health first aid and other associations

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Steps on the Journey

How can personal journeys help us navigate the turbulent lives we try to balance every day?
 My journey was messy as it was and still is sometimes.

1. Make sure you continue to pack healthy coping skills, try new adventures and unpack the past experiences and the negative messages that keep you from being the best version of you. Review your ability to be Vulnerable.. Brené Brown - not sure if anyone is her fan. She is mine. know her personal story along with her research about vulnerability and finding that authentic sense of self.
2. Extend grace to yourself and others.
3. Own your Stuff.... That is how we learn and grow. Growing pains...be aware of your triggers
4. Make your Self care a priority that is still a area I struggle. But I try. And I extend grace to myself.
5. Lastly, Get help for yourself and family if struggling - prevention, early intervention, and not letting your past baggage set your future path.

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Behavioral Health

(Pre COVID-19)

1 in 5

Americans experience symptoms of depression, anxiety and stress. Those who have both a chronic and behavioral health condition(s) can cost up to 3 times more to treat.

80%

Of workers with a mental health condition attribute their non-treatment to shame and stigma. Relatedly, the average person waits 6 to 10 years after the onset of initial symptoms before seeking treatment.

63%

Of employees reported that workplace stress had significant impact on their mental and behavioral health. This can have a direct impact on work productivity and employee retention.

31%

Of employees would be afraid of being labeled as weak, and 22% fear it would impact their promotion opportunities.

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Prevalence of Mental Health Challenges

3 in 4 Employees have struggled with at least one issue that has affected their mental health

11 years Average delay between symptom onset and treatment for mental health challenges

43% Adults with mental illness get treatment in a given year

Source: Mental Health: A Statistical Crisis Report: Adult Mental Health For All Mental, NAMI.org - Mental Health Care Needs Challenge
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All Industry Suicide Rates vs Construction Rates *

All Industries: Men
27.4

Construction: Men
45.3

Census code*	Major group	Sex rate (95% CI)	
		Male	Female
Total	All industries or occupations	27.4 (26.9-27.9)	7.7 (7.5-8.0)
Industry			
0170-0290	Agriculture, Forestry, Fishing, and Hunting	36.1 (31.7-40.5)**	NC**
0370-0490	Mining, Quarrying, and Oil and Gas Extraction	54.2 (48.0-60.3)**	NC
0770	Construction	45.3 (43.4-47.2)**	9.4 (6.5-13.2)

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Alarming Construction Statistics

3 fatal accidents
in construction per day in US



15 suicides
among construction workers per day

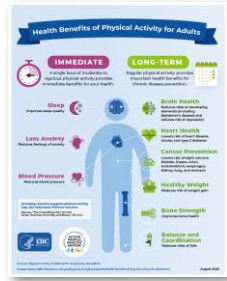


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Health Benefits of Physical Activity

According to the NHS UK, exercise "can reduce your risk of major illnesses, such as coronary heart disease, stroke, type 2 diabetes and cancer and lower your risk of early death by up to 30%."



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Benefits of Physical Activity for Adults and Older Adults

- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease mortality
- Lower risk of cardiovascular disease (including heart disease and stroke)
- Lower risk of hypertension
- Lower risk of type 2 diabetes
- Lower risk of adverse blood lipid profile
- Lower risk of cancers of the bladder,* breast, colon, endometrium,* esophagus,* kidney,* lung,* and stomach*
- Improved cognition*
- Reduced risk of dementia (including Alzheimer's disease)*
- Improved quality of life
- Reduced anxiety
- Reduced risk of depression
- Improved sleep
- Slowed or reduced weight gain
- Weight loss, particularly when combined with reduced calorie intake
- Prevention of weight regain following initial weight loss
- Improved bone health
- Improved physical function
- Lower risk of falls (older adults)
- Lower risk of fall-related injuries (older adults)*

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Exercise for Depression

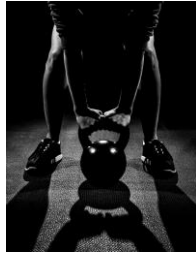
- Studies show that exercise is effective in treating mild to moderate forms of depression and it does not come with the side effects of medication.
- Exercise also releases endorphins, which are powerful chemicals in our brains that improve our mood and increases feelings of calm and well-being.
- Exercise can also serve as a healthy distraction to help us to break from patterns of negative thoughts that feed depression.



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Exercise for Stress

- Stress can create tight muscles leading to neck and low back pain as well as tension headaches.
- It can also increase symptoms of insomnia, heartburn, stomach aches and bowel/bladder dysfunction.
- Exercise can combat these via movement to help the muscles and through the release of endorphins to help relax us.

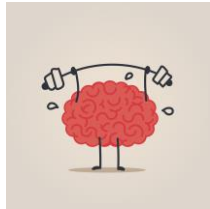


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Exercise for your Brain

- Regular exercise has been proven to make our minds sharper as it is one of the best ways to improve concentration, motivation, and memory.
- Physical activity immediately boosts our brain's release of dopamine, norepinephrine, and serotonin—all of which affect focus and attention.
- Exercise has been proven to be just as effective in treating ADHD without the side effects of medication.



Health & Movement Agency Ltd <https://www.aft@oca.com/2021/05/10/4-ways-exercise-can-boost-your-mental-health/>

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Exercise for Active Workers

What about people who "workout" at work?

Do the things you don't do at work.

- Stretch
- Walk or bike with family, friends, dog
- Swim
- Core, hip, rotator cuff exercises
- Sports



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Resources



Find Your Words

- Resource from Kaiser open to everyone to help you and your loved ones - including young children and teenagers - build emotional well-being and resilience. Visit findyourwords.org to learn how to start conversations, talk with others about depression and mental health, connect to helpful tools and online communities, and more.

Make It Ok

- Public resource to help stop the stigma on mental health. Visit www.makeitok.org

Mental Health America

- Public resource dedicated to addressing the needs of those living with mental illness and promoting the overall mental health. Visit <https://www.mhanational.org/>

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Resources

PSYCHHUB

- Online platform for mental health education. Visit <https://psychhub.com/>

NATIONAL SUICIDE PREVENTION LINE - US

- 1-800-273-8255 – 988 – July 16, 2022
- Crisis text line: Text "WORDS" to 741741



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Resources

- Wisconsin Construction Wellness Community – www.wisconsinwell.org
- National Alliance on Mental Illness (NAMI) - www.nami.org
- American Society of Safety Professionals (ASSP) - www.assp.org
- Associated General Contractors of America, Missouri - www.agcmo.org/
- Prevent Suicide Construction - www.preventconstruction suicide.com
- Working Minds - www.constructionworkingminds.org
- Man Therapy - www.mantherapy.org
- Construction Financial Management Association (CFMA) - www.cfma.org/suicideprevention#suicidepreventioncfma
- Kitty Hug Fitness

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Other Resources

- Professionals – Doctors, Psychiatrists, Social workers, counselors, drug and alcohol counselors, and other mental health professionals
- Fitness & nutrition
- Meditation and other relaxation methods
- Self-help books - cognitive behavioral therapy (CBT)
- Family, friends, faith, and other social networks



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Conclusion

You may not have a [visible](#) problem now, but you need to be ready.

- Start with the data.
- Create a safe space.
- Provide access to help.
- Educate, educate, educate.
- Know your workers and the signs.

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