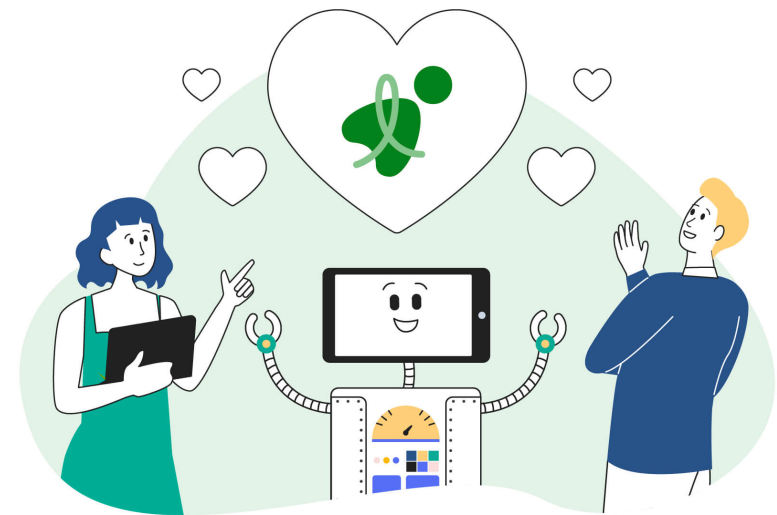


# How (and why) we place mental health and connection front and centre as a business

**Matthew Stibbe, CEO**

**Liz Fielder, Chief Happiness Officer**

11 May 2022



# Why mental health is a business priority



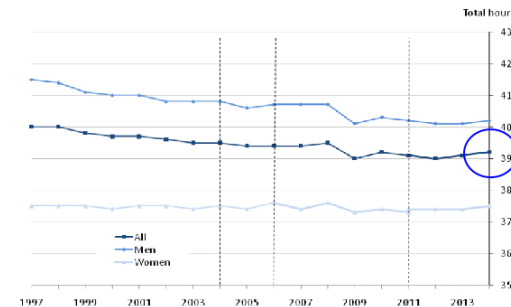
# Mental health is a business priority

We spend about a third of our adult life in the workplace.

Actually 35% of our total waking hours during a 50-year working life. [Source](#)

## How long will the average person spend at work in a lifetime?

Figure 21: Mean full-time weekly paid hours of work (including overtime), UK, April 1997 to 2014



Source: Annual Survey of Hours and Earnings (ASHE) - Office for National Statistics (UK figures)

= 39.2 hours worked per week  
Assuming mean working hours

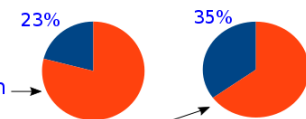
= 1842 hours worked per year  
Assuming 5 weeks holiday per year

= 92 120 hours over a lifetime  
Assuming a full adult working life from 18-67

Assuming 8 hours sleep a night this equates to

21% of your total waking hours over a 76 year lifespan

35% of your total waking hours over a 50 year working-life



## What Percentage of Your Life Will You

### Spend at Work?

revisesociology.com



# How common are mental health problems?

1 in 4 people will experience a mental health problem of some kind each year in England

1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England

Source: Mind



# What we're doing at Articulate

## Mental health is a business priority

- Making our commitment clear
- Embedding it in our culture
- Allyship and awareness raising
- Helping to destigmatise mental health issues
- Allocating resources

