

Kick Fit
play. enjoy. stress less.

Let the games begin. Kick the stigma: score for mental health.

GAME ON - Friday, 29th October 2010. Kick off at 3pm.

The 2010 Corporate Kick Fit Cup is an exciting corporate soccer tournament to be held at Perth's premiere rectangular venue, nib Stadium, on Friday October 29th 2010.

In conjunction with the beyondblue National Anxiety and Depression awareness month, the event aims to raise awareness about mental health issues and encourage companies to develop physically, mentally and socially active workplaces.

Help raise awareness, kick the stigma and score for mental health at work.

SIGN UP TODAY

To register visit www.healthbydesign.com.au/kickfit or email the registration form to sblackah@healthbydesign.com.au



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FAST FACTS.

Kick the stigma: score for mental health.

SOCCER FACTS

Soccer was originally called association football.

More than 80% of the world's soccer balls are produced in Pakistan.

The most goals scored by one player in a single soccer match was 16.

The World Record for juggling a soccer ball non-stop is 19 hours and 30 minutes.

Ramon Unzaga of Chile was the first player to perform a bicycle kick.

MENTAL HEALTH FACTS

Workplace stress is a significant risk factor for developing depression.

Depression will affect one in five people across their lifetime (one in 5 women and one in 8 men).

Sixty-two per cent (62%) of people with depression don't seek treatment.

Each employee with depression will, on average, take three to four days off work per month which is equivalent to over six million days lost each year in Australia.

SIMPLE STEPS TO REDUCE WORKPLACE STRESS.

1. Get moving: physical activity relieves stress and helps your body recover quicker.
2. Eat a balanced diet: Make food choices that keep you going and make you feel good.
3. Limit the bad things: Drink alcohol in moderation and avoid nicotine.
4. Get enough sleep: Give your body time to recover from the previous day by getting at least 7 hours of sleep each night.

Source: www.beyondblue.org.au, www.blackdoginstitute.org.au, www.helpguide.org/mental/work_stress_management



The impact of depression and anxiety on the workplace.

1. Each year, undiagnosed depression in the workplace costs \$4.3 billion in lost productivity; this excludes Workcover/insurance claims, part-time or casual employees, retrenchment, recruitment and training.
2. On average, every full-time employee with untreated depression costs an organisation \$9,660 per year.
3. Each employee with depression will, on average, take three to four days off work per month which is equivalent to over six million days lost each year in Australia.
4. In addition to absenteeism, depression accounts for more than 12 million days of reduced productivity each year.
5. Around 50% of people with depression don't get help for it.
6. Workplace stress is a significant risk factor for developing depression.

Source: www.beyondblue.org.au



Creating a mentally, physically and socially active workplace.

With up to 50% of workers claiming that occupational stress leads to absenteeism, employers are recognising the importance of both a mentally and physically healthy workplace.

Work can be a protective factor to good mental health by providing employees with a sense of accomplishment and self-worth. Workplaces also provide an opportunity to form new friendships, learn new skills and create personal challenges. To help create a positive work environment follow the Act, Belong, Commit principle:

ACT - Being physically active relieves tension and stress. Encouraging your employees to 'take a break' can actually increase their productivity at work. Develop a workplace activity plan. Encourage employees to go for a walk during their lunch break or organise a weekly sporting match.

BELONG - Having a sense of belonging helps protect against mental health problems. Organise social functions within the workplace for employees and their families. Also encourage your employees to join in community clubs and activities. Remember long hours and overtime can negatively affect an employee's ability to attend to their own personal interests outside work.

COMMIT - Having a purpose at work and engaging in personal activities provides a sense of satisfaction and achievement. Encourage employees to make work related goals and assist them to achieve their work and personal aspirations. Think about allowing employees paid time off to participate in volunteer work within the community or set aside a few hours a week for all employees to attend a local gym.

Source: www.smartmanager.com.au and www.actbelongcommit.org.au



Understanding depression and anxiety.

Depression affects one in 5 women and one in 8 men across their lifetime.

Anxiety disorders cover a wide range of illnesses but in general terms one in four people will be affected by an anxiety disorder. In relation to bipolar disorder, around 2% of the population will be diagnosed with the disorder. If you have a family history of bipolar, you are 10% more likely to develop the same condition.

As a comparison to other preventable diseases which are discussed on a regular basis – depression occurs as often as cardiovascular disease and anxiety disorders occur as often as diabetes.

Think about how often you talk about these conditions, but not about mental health.

Types of Mental Illness.

Depression - Depressive disorders are a group of illnesses characterised by excessive or long-term depressed mood and loss of interest in activities that used to be enjoyable. The symptoms can severely disrupt the person's life.

Anxiety disorders - Anxiety disorders affect the way a person thinks, feels, and behaves in everyday situations (examples OCD, panic attacks). If not treated, can cause considerable distress and disruption to the person's life.

Bipolar Disorder – People with bipolar mood disorder experience extreme mood swings - from depression and sadness to elation and excitement. The mood swings tend to recur, can vary from mild to severe, and can be of different duration.

Source: www.beyondblue.org.au, www.blackdoginstitute.org.au