



BRIDGEHAM



MIND AND BODY – THE RELATIONSHIP BETWEEN THE TWO

INCREASING AWARENESS AND PROMOTING TEAM WELLBEING

Who are Bridgeham?

Bridgeham is currently a team of 29.

Our team is made up of:

Osteopaths – structural and cranial

Massage therapists – sports massage, remedial, relaxation, hydrotherm

Pilates & Garuda machine instructors

Personal trainers

Pilates matwork instructors

Acupuncturist

Nutritionist

Reflexologist

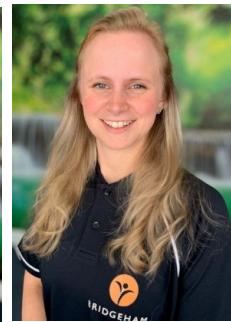
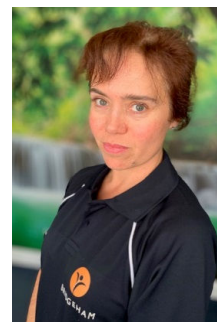
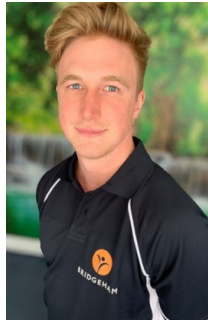
Pranic healing practitioner

Hypnotherapist, Reiki, TFT and business coaching confidence booster

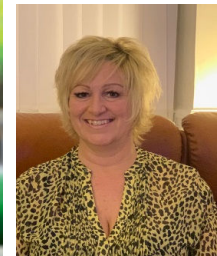
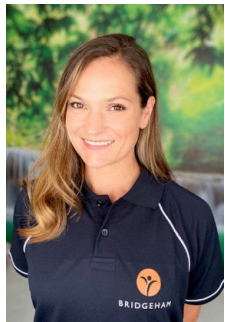
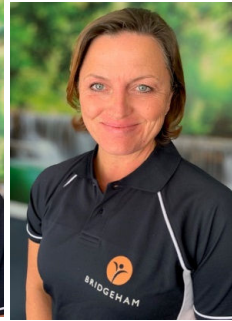
Foot health practitioner

Occupational Health, Mental Health First Aid trainer & Life coach





Bridgeham Practitioners



Accredited OH Service



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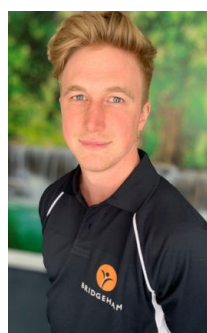
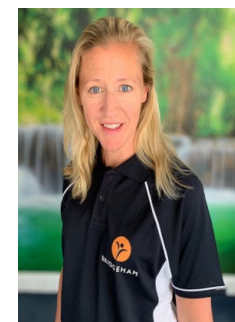
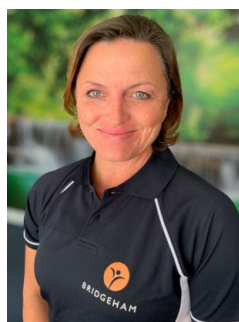
SEQOHS
Safe Effective Quality Occupational Health Service

Bridgeham's Admin Angels

Our admin angels are led by our brilliant Practice manager Pauline O'Dwyer. Stacey Renphrey is supersonic on our social media!



The Bridgeham team here today are:



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**1 Oak Cottage, County Oak Way,
Crawley, RH11 7ST**



Our aim today

We want to provide a session that is fun, interactive and informative; learning exercises and movements whilst increasing your awareness.

By the end of our presentation we hope to have given you some top tips and information to think about (and possibly act upon) when you get back to your respective places of work, home and with your families.

We will be leading a net-walk around the pitch at the end of the conference so do join us and we will be available for you to talk to us over lunch.



The problems

The problems Bridgeham solve

Today's 24/7 culture places many demands on mind and body:

People are under pressure to **DO** more.

Self-care is not always a priority.

Often people don't know what they need to do differently and who can help them.



MSK workforce stats

6.9 million working days were lost due to **work-related musculoskeletal disorders** in 2018/19 (Labour Force Survey 2018-2019)

Work-related **musculoskeletal disorders** account for **29% of all working days lost** due to work-related ill health.

Within the total number of 6.9 million days lost due to work-related musculoskeletal disorders;

back disorders around 2.8m of days lost,

upper limb disorders account for around 2.6m of days lost,

lower limb disorders 1.5m days lost.

Stress

The most common physical signs of stress include lack of concentration, sleeping problems, sweating, lethargy and changes in appetite.

Symptoms like these are triggered by a rush of stress hormones in our body – otherwise known as the ‘fight or flight’ response.

It is these hormones, adrenaline and noradrenaline, which raise our blood pressure, increase our heart rate and increase the rate at which we perspire; preparing our body for an emergency response. There is also a reduction in blood flow to our skin and stomach activity, while cortisol, another stress hormone, releases fat and sugar into the system to boost our energy.

This acute ‘emergency response’ very easily becomes chronic.

Week in, week out, year in, year out.

Stress relief

Physical exercise can be highly effective in relieving stress.

Research on employed adults has found that active individuals tend to have lower stress rates compared to individuals who are less active.

How physical and mental health are interlinked

Poor **physical** health can lead to poor **mental** health.

Poor **mental** health can lead to poor **physical** health.

How physical and mental health are interlinked

Becky Wells our hypnotherapist says:

“This is due to a “blockage or defect” in one area causing stress in another.

Think of it as a traffic jam”

How physical and mental health are interlinked

And Sue Mills our Pranic Healing Practitioner says:

“Have you ever suffered from an ache, pain or discomfort and when you’ve been to get it looked at there’s no explanation as to why?

Scientific studies have shown that when we suffer from mental & emotional ailments, the energetic pattern of the body changes and if we don’t deal with this, it can then physicalise.

Mental & physical health are intertwined.”

How physical and mental health are interlinked

- Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety due to the feel good factor of the endorphins released.
- Exercise also plays a role in preventing the development of mental health problems and in improving the quality of life for people experiencing mental health problems.
- There are many studies looking at physical activity at different levels of intensity and its impact on people's mood.
- Introducing movement breaks can reduce aches and pains, increase/improve bone density, blood flow and digestive processes, allows for better oxygenation and can reduce stress.

Recent proof that physical and mental health are interlinked



A recent testimonial from one of our lovely class participants:

“What is so great for me, is that you have not only helped me regain my movement confidence and strength, but amazingly I’ve improved my mental health beyond recognition - I will be forever grateful”



Eat well

Birgitta our nutritionist says:

“What we eat can affect how we feel...essentially we are what we eat, and drink.

A diet that is good for our physical health is also good for our mental health.

Regular meals, plus plenty of water, are ideal.

Plan for mealtimes at work bringing food from home or choosing healthy options when buying lunch.

It's best to get away from your desk to eat.

For busy times, make sure you have a ready supply of fruit/vegetables and snacks like nuts that provides you with ready nutrients.

Beware of the caffeine crutch and fill your water glass!”



Our challenges

- Absenteeism – you're off work and unproductive
- Presenteeism – you're at work and unproductive
- Retention – you're off/at work and looking for a new job

Absenteeism

Wendy Ladd our partnered Occupational healthcare practitioner can assess the individual, review the working environment and tasks, and provide recommendations on the best return to work plan.

“Put simply, work is generally good for health and wellbeing and remaining in or returning to work can actually help to promote recovery and lead to better health outcomes. The purpose of this approach, i.e. a gradual build-up of hours and duties, is to return the employee to work safely without risking relapse.”



Presenteeism

Bridgeham can provide onsite osteopathy satellite clinics to screen and treat staff members who are not 100% physically well, albeit they are attending the workplace.

Boost your staff morale and productivity by adding any combination of Bridgeham's "Broken to Brilliant" services to your Employee Benefits package:

Osteopathy
Pilates classes
Massage
Health checks
Nutrition
AWL Occupational Health services

Pranic healing
Massage
Relaxation and Meditation
Hypnotherapy business coaching and confidence boosting
Acupuncture
Lunch and learn workshops



Retention

As an employer you have invested time and energy into each and every employee.

What makes your place of work a great space?

Employees increasingly recognise that it is not just about salary but embracing the quality of life at work that matters.

People matter.

As Joseph Pilates said in 1934:

“... a body freed from nervous tension and over-fatigue is the ideal shelter provided by nature for housing a well-balanced mind that is always fully capable of successfully meeting all of the complex problems of modern living.” Joseph Pilates, Return to life through Contrology.



Productivity

Research shows that good health is good for business and better workplaces have better financial results.

By listening to and empathising with your employees, supporting their physical and mental wellbeing, your whole team will be more efficient and increase productivity for the business.

It's a win : win situation.

Showing people that you care about them and their wellbeing is a great way to increase employee engagement and loyalty.

Talk to us about Bridgeham's integrated services



Health Insurance

Bridgeham osteopaths are recognised by many medical insurance companies:



FREEZE!

Let's check how aware you are of your posture:

- How are you sitting right now?
- How do you rate your posture from 0-10, 10 being the best?
- How are your feet and legs placed?
- How is your spine placed? Are you on both sitz bones?
- What is your breathing like?
- How do you feel in this freeze situation – do you feel any tension or emotional change?

Let's get moving

We invite you to try some simple posture awareness exercises to use whilst sitting at your desk, in the car or at home.

The hope is to prevent you from falling into one of the “498,000 workers suffering from work-related musculoskeletal disorders (new or long-standing) in 2018/19.”

Participate at your own risk!!!

We won't judge you if you don't join in...do come and see us for advice/assistance at our stand

AND of course **stop if something feels dreadfully painful!**

Awareness – seated

Good seated posture – what is the correct way to sit on a chair?



Without hurting yourself do an impression of the person in your office with the worst posture, (don't name any names!) How would you feel if you were that person?

How would you now feel as their employer if they demand the latest Nimbus 2000 office chair because they have back ache?

Awareness – sitting!

“Sitting as much as many of us do increases our chance for some 35 serious conditions, likely because getting up and moving around is key for regulating proteins and other systems that lower our susceptibility to disease. Scientists say it increases the chances of blood clots, depression and even cancer”

Kate Rockwood and Beth James for www.prevention.com

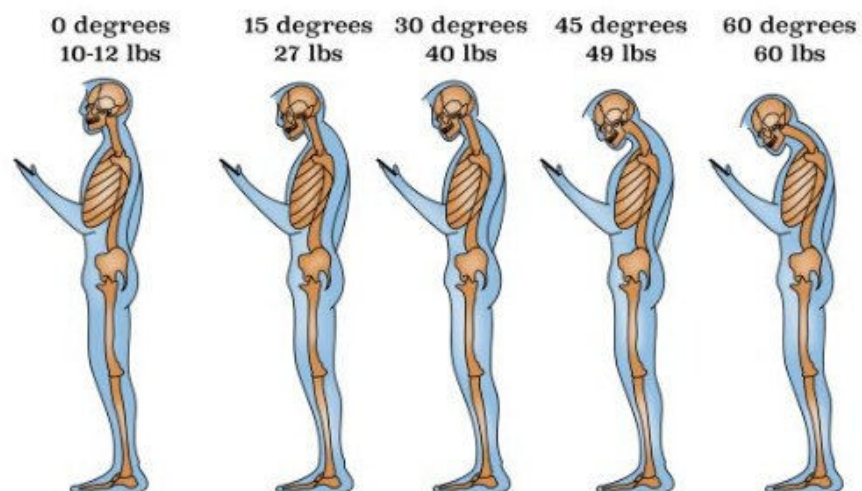
So if we have to sit, let's go through how we can sit as well as possible.

Awareness – sit to stand

Let's play Simon says!

(Well...a version of Simon says...)

Awareness – in standing



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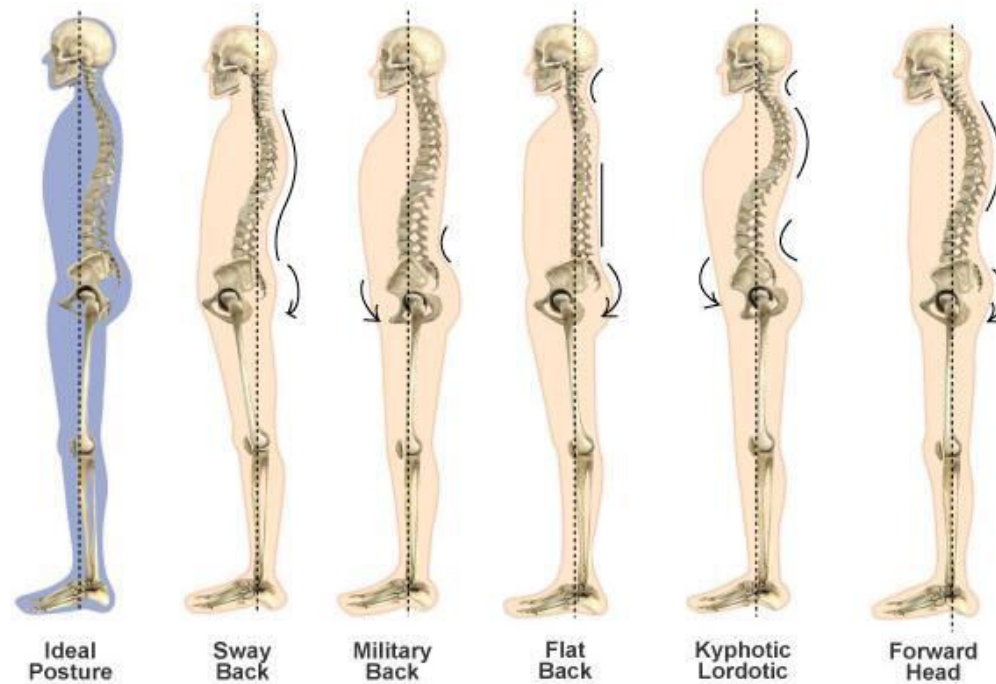


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Awareness – in standing

Common Postural Problems



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Awareness - breathing

Let's do the conga!

And a party trick – some one lung breathing!

Awareness - breathing

Advantages of deep breathing awareness and exercises:

- Natural painkiller. ...
- Improves blood flow. ...
- Increases energy level. ...
- Improves posture. ...
- Reduces inflammation. ...
- It detoxifies the body. ...
- Stimulates lymphatic system. ...
- Improves digestion.

Let's re-check how you feel now?

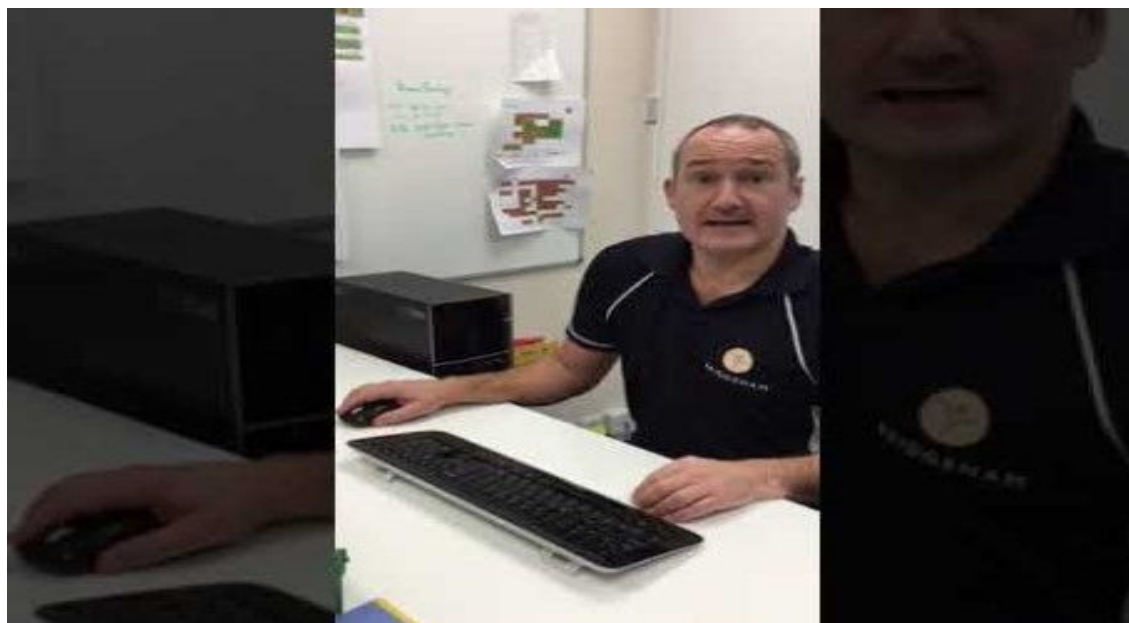
In seated position – check you are on your sitz bones and your feet are grounded into the floor

What differences do you notice?

Head turns, shoulder rolls, breathing?

How is your posture now?

How to use a mouse



Top tips

Use it or lose it! Work smart. Sit. Stand. Walk. Stair climb. Be active. Move.
Change your body...change your mind.

Find the correct position for your keyboard, screen and mouse.

Use your arms when walking – join us for the net-walking at the end of the conference and we will show you how.

Use the stairs as your gym at work...squeeze your cheeks!

Come to classes at Bridgeham – Pilates is suitable for everyone, at times to fit around work, we can even come to you!

It's more than a workout it is a lifestyle change.

Talk to Bridgeham to design a bespoke Wellbeing Package

Onsite Satellite clinic - osteopathy, massage, nutrition, acupuncture

Workplace DSE and combined postural assessments

Onsite Pilates & Garuda movement classes

Lunch and learn workshops – Menopause, Weight loss, Nutrition, Posture

Wellbeing days – onsite massage, osteopathic assessments, movement workshops, foothealth assessments, hypnotherapy, Pranic healing and meditation.



Thank you!

Thank you to Steve Sawyer and all at Manor Royal BID for inviting us along today. We hope you have enjoyed our presentation.

Do join us on our net-walk around the pitch or visit our stand.

Please complete our survey and be entered into our prize draw. You could win a £50 voucher towards a treatment of your choice.

We have our diary here if you wish to book in for a free 15-minute osteopathy assessment to find out how we can help you.

We can help you, just ask us how.

Remember to use your Manor Royal BID 10% discount.

You can book online or through our Bridgeham app.

**We look forward to helping you on your
“Broken to Brilliant... and Beyond” journey.**

Contact us on 01293 542245 or email pm@bridgeham.com

Please visit our fabulous new website that Liam and the
Creative Pod team have designed and built for us

www.bridgeham.com.