

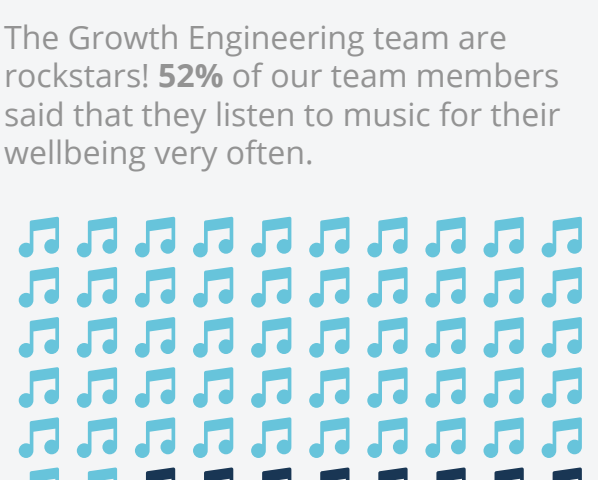
We believe that looking after your mental wellbeing is vital. There is an ongoing mental health crisis and within the last year, depression rates have doubled.¹

With this in mind, we set out to create the ideal wellbeing week. Seven days focused around improving your mental health and general wellbeing.

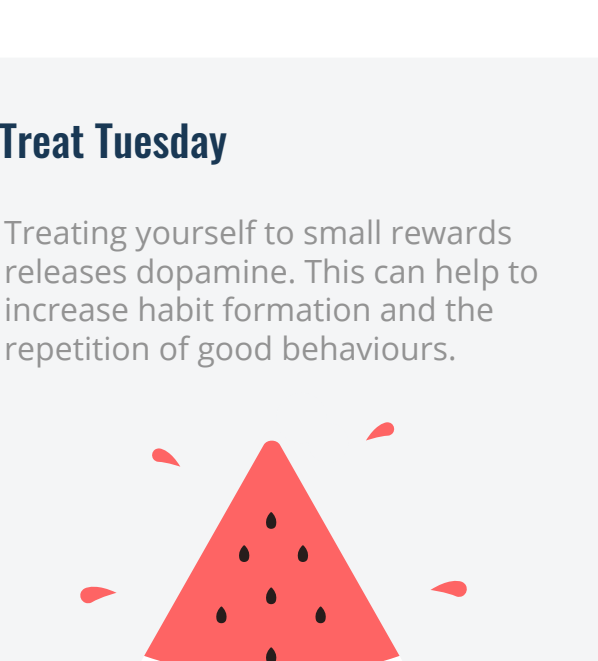
To do this we reviewed the research, asked the experts and surveyed the Growth Engineering team. Let's dig into the results!

Music Monday

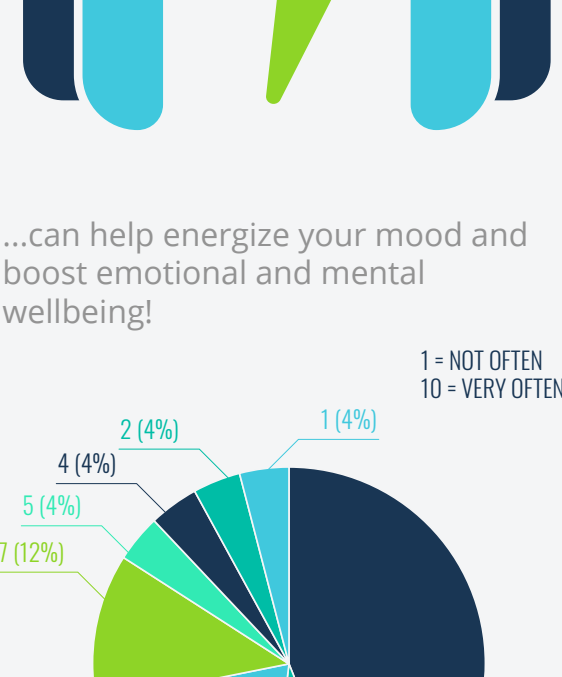
Research suggests that music can stimulate the body's natural feel good chemicals, such as endorphins and dopamine. Listening to music at work can boost your dopamine levels by **9%**^{1,2}



The Growth Engineering team are rockstars! **52%** of our team members said that they listen to music for their wellbeing very often.



Listening to music at work....

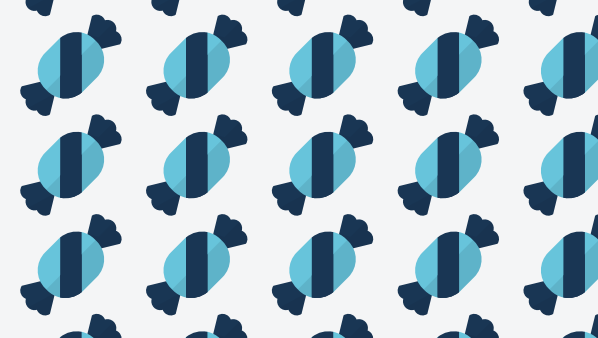


...can help energize your mood and boost emotional and mental wellbeing!



Treat Tuesday

Treating yourself to small rewards releases dopamine. This can help to increase habit formation and the repetition of good behaviours.



Mini-breaks throughout the day also help to improve productivity! Breaks as short as **5 minutes** have been shown to have a big impact.³



On average, **50%** of Growth Engineering team members make sure to take regular breaks or treat themselves throughout the day. They say yes to self-care!



Workout Wednesday

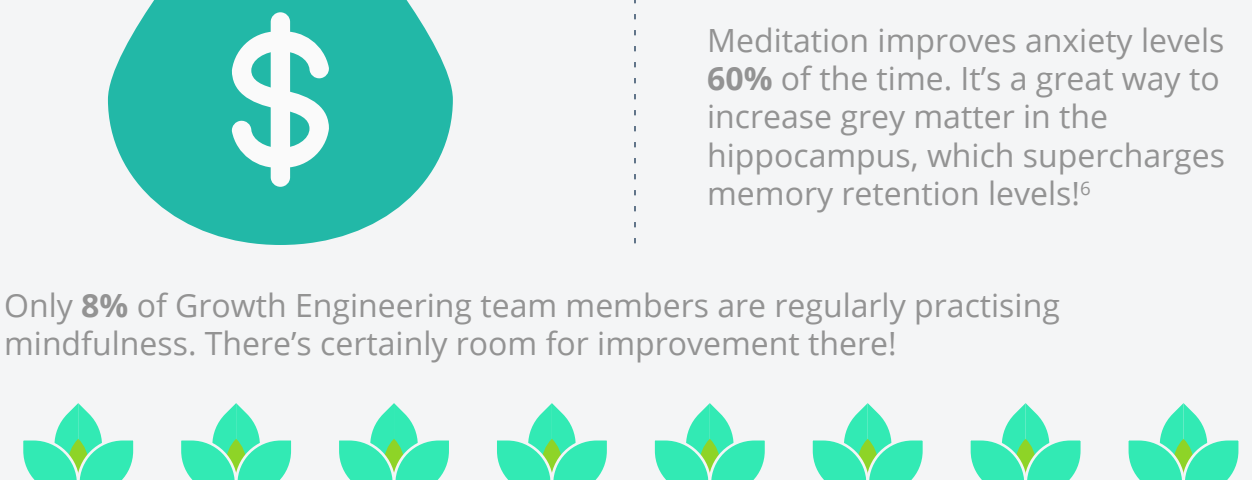
Moving your body has some great benefits! It's a natural and effective anti-anxiety treatment.



Moving also triggers the release of endorphins, boosting physical and mental energy. In fact, just **15 minutes** of exercise a day can boost life expectancy by three years.⁴

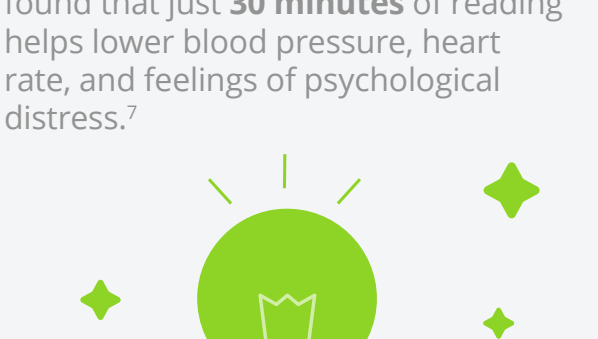


Our team-members are no slouches! In fact, **65%** of Growth Engineering team-members exercise 'fairly often' or 'very often'. Hustle for that muscle!



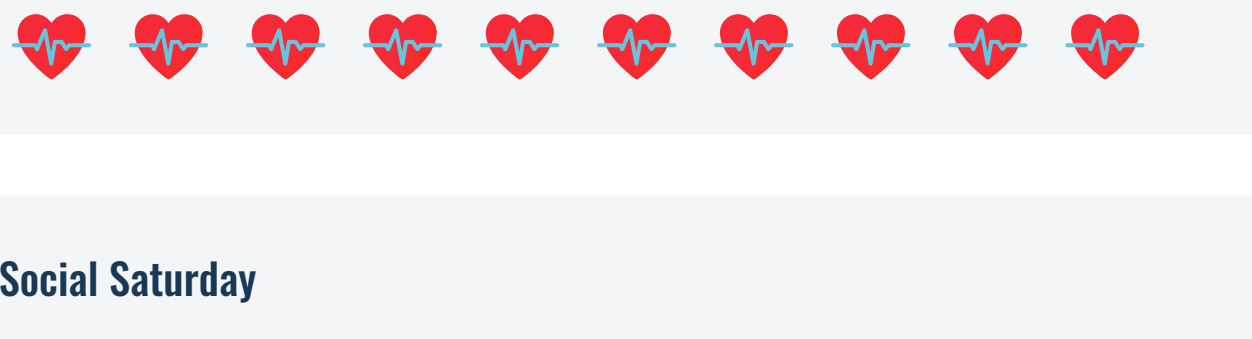
Thoughtful Thursday

By 2022, the value of the US meditation market will be over **\$2 billion**.⁵



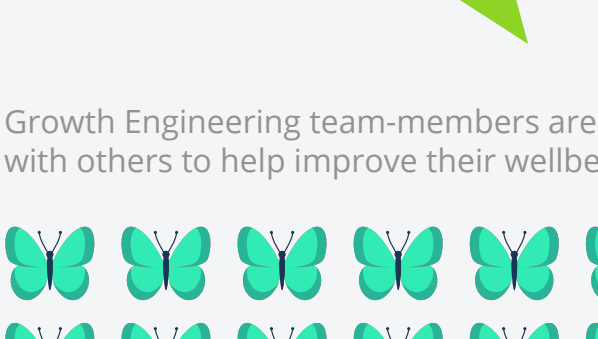
Meditation improves anxiety levels **60%** of the time. It's a great way to increase grey matter in the hippocampus, which supercharges memory retention levels!⁶

Only **8%** of Growth Engineering team members are regularly practising mindfulness. There's certainly room for improvement there!

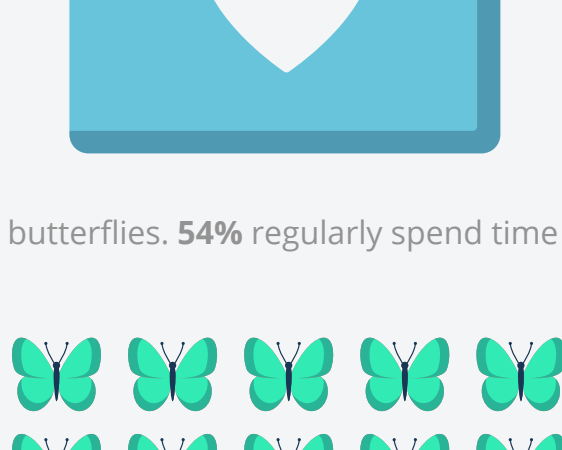


Fun Fact Friday

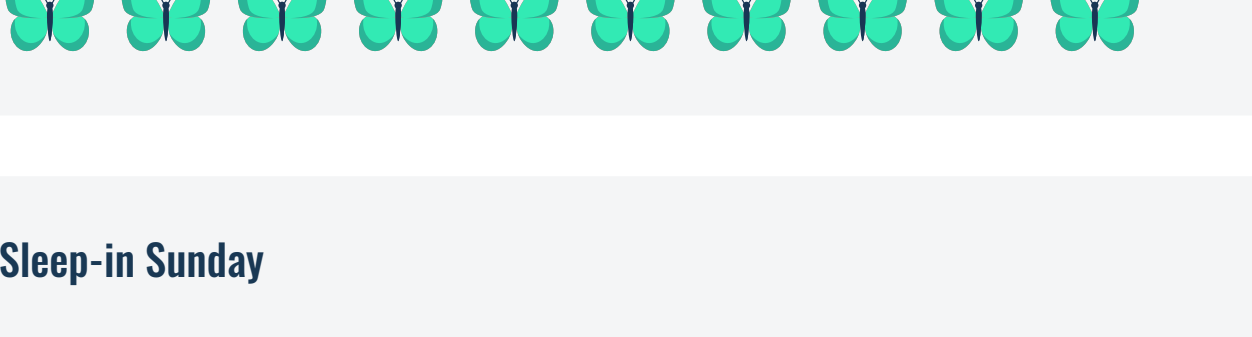
Brain stimulating activities like reading help to strengthen brain connectivity and function. One study found that just **30 minutes** of reading helps lower blood pressure, heart rate, and feelings of psychological distress.⁷



People engaged in learning report feeling better about themselves. They are also better able to cope with stress and feel more confident.



The Growth Engineering team are avid readers! In fact, **52%** of team-members regularly like to pick up a book.

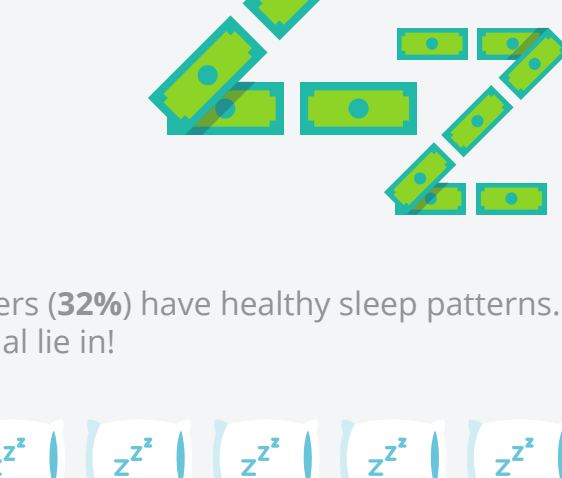


Social Saturday

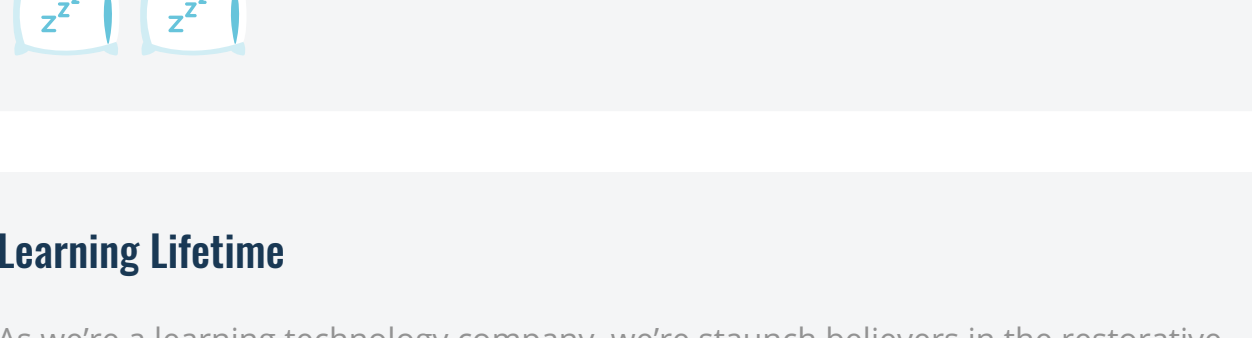
Multiple studies show that people who are more socially connected live longer and healthier lives. For example, a Harvard study following people for nearly 80 years, found that those with stronger social connections were the healthiest and happiest.⁸



Social interaction is good for your brain health and promotes a sense of safety, belonging and security.

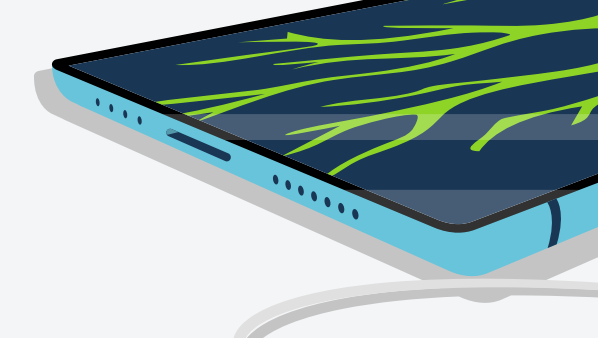


Growth Engineering team-members are social butterflies. **54%** regularly spend time with others to help improve their wellbeing.



Sleep-in Sunday

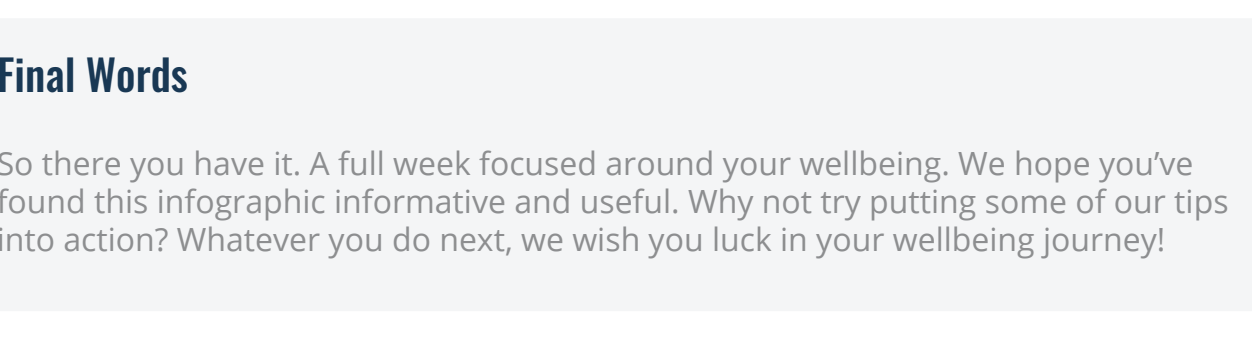
We know that sleep is vital to our wellbeing. A good night's sleep can help you to think more clearly and reduce your risk for serious health problems.



Did you know that sleep deprivation costs the US **\$411 billion** annually? Make sure to be catching those Zs!⁹



One third of Growth Engineering team-members (**32%**) have healthy sleep patterns. The rest of us might benefit from the occasional lie in!



Learning Lifetime

As we're a learning technology company, we're staunch believers in the restorative power of a good learning experience. Did you know that students absorb 25-60% more material when learning online?¹⁰ Given how easy it is, we believe that you should be learning something new every day!

We like to ensure that learning is an engaging and fun experience. When learning is enjoyable, neurotransmitters like dopamine get released. This creates positive associations with learning and keeps you coming back to grow your knowledge even more!



Final Words

So there you have it. A full week focused around your wellbeing. We hope you've found this infographic informative and useful. Why not try putting some of our tips into action? Whatever you do next, we wish you luck in your wellbeing journey!

References:

1. www.health.org.uk | 2. www.mind.org.uk | 3. www.forbes.com | 4. www.bbc.co.uk | 5. www.statista.com
6. www.disturbmenot.co | 7. www.healthline.com | 8. www.news.harvard.edu | 9. www.rand.org | 10. www.weforum.org

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