



ORGANISATIONAL SUPPORT

77% provide or enable booking/
arrangement of travel logistics

59% provide business class flights
on long haul

BUT ONLY

34% employee assistance plan

25% wellness programme

21% mental health support

DISCLAIMER:

This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

© Copyright 2019 AEA International Holdings Pte. Ltd.
All rights reserved.

MENTAL HEALTH RISK FACTORS

There is a wide range of conditions that
affect mental health, including:



CARDIO-VASULAR

DIABETES

CANCER

TB/HIV

OVERWEIGHT/OBESITY

WHY FOCUS ON MENTAL HEALTH



INDIVIDUAL CONSEQUENCES

Errors

Distractions

Memory difficulties

Decreased productivity

Poor concentration

Absenteeism

Poor decision making

MENTAL HEALTH



WORLDWIDE REACH. HUMAN TOUCH.

Depression/anxiety in the workplace effects

ONE IN FIVE WORKERS

Annual cost average cost per employee (regardless of health status)
£1,119 - £1,481

Annual cost of work related stress in the EU alone is
€617 BILLION

26% OF EU WORKERS think that work effects their mental health negatively

50-60% OF LOST WORKING DAYS are due to stress

Average return on investment in mental health programmes is
£4.20 FOR EVERY £1 INVESTED

RISKY BEHAVIOURS UNCOVERED

46% consume **MORE ALCOHOL**

35% more likely to **VISIT BARS AND NIGHTCLUBS**

35% more likely to **EAT IN UNHYGIENIC PLACES**

33% will travel to areas **THEY DON'T KNOW ARE SAFE**

32% are more likely to travel in **VEHICLES WITHOUT ADEQUATE PROTECTION**

Nearly one in ten travellers (9%) also reported that they would be more likely to **START A SEXUAL RELATIONSHIP** with a new sexual partner(s)

MENTAL AND PHYSICAL HEALTH



78% reported **MORE WORKING HOURS**

45% experience an **INCREASE IN STRESS LEVELS**

15% concerned about **PERSONAL SAFETY WHILE AWAY**

76% less likely to **HAVE A BALANCED DIET**

73% suffer from **LESS QUALITY SLEEP**

76% **LESS LIKELY TO EXERCISE**

MENTAL HEALTH AND THE INTERNATIONAL BUSINESS TRAVELLER*

Business travellers make **3 TIMES AS MANY CLAIMS** for psychological treatment as non-travellers.

67% report being more engaged

BUT

34% OF INTERNATIONAL BUSINESS TRAVELLERS (IBTS) are more likely to engage in a number of risky behaviours.

AND

31% EXPERIENCE EMOTIONAL EXHAUSTION, a core feature of burnout, on a weekly basis.

* 'Keeping Business Travellers Happy, Healthy & Engaged, at Home and Away' Report, International SOS Foundation and Kingston University Study, 2019.