

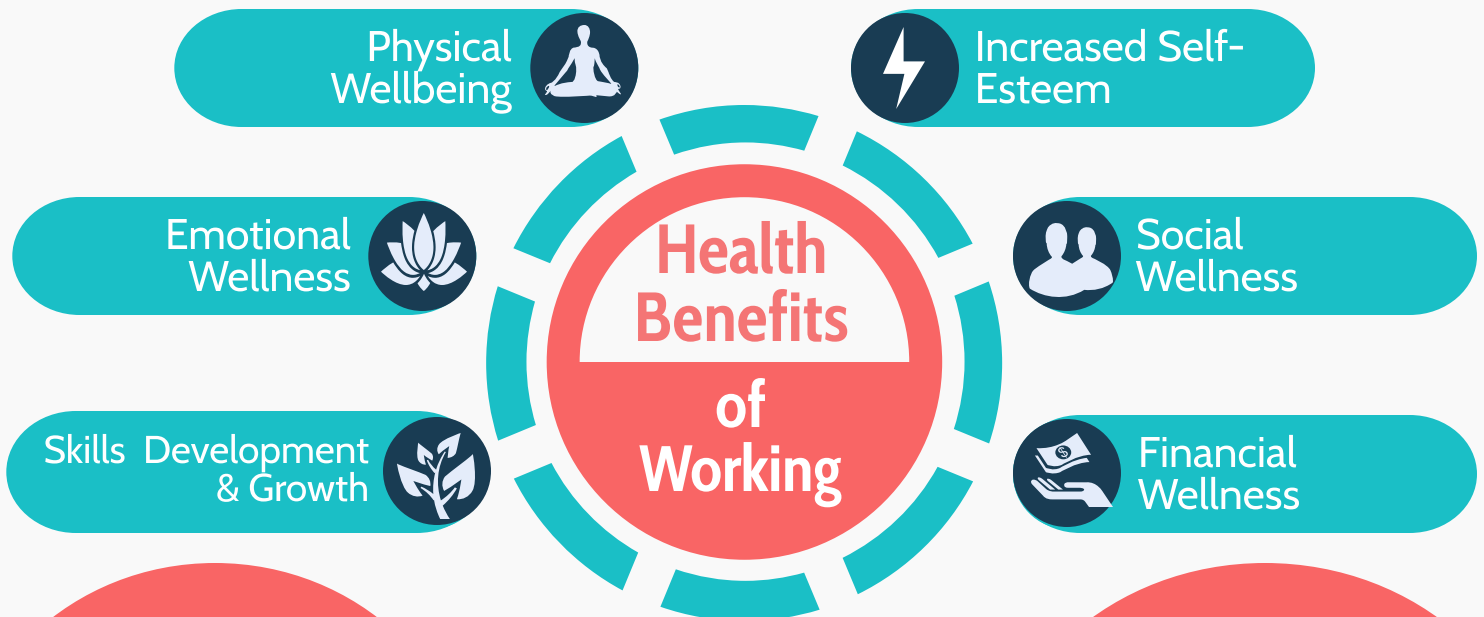
Employment & Health

Employment can have positive health effects.

People who are employed report better mental health, with fewer feelings of depression, anxiety, & low self-esteem.

Individuals who are employed tend to have fewer stress-related physical illnesses such as high blood pressure, stroke, heart diseases, & arthritis.

Working people report less physical pain.



A workplace is an important setting for health promotion, protection & disease prevention.



Working offers opportunities to promote individual health and may provide access to programs that reduce health risks & improve the quality of life.

Maintaining a healthier workforce lowers costs such as insurance premiums. It also positively impacts costs from absenteeism & lost productivity.





It is important to ask some health-related questions when getting a job is a next step in a person's recovery journey.



Physical Wellbeing

- Have you considered being more physically active?
- Could you stand for longer than an hour at once?
- How will you get to and from work?

Increased Self-Esteem

- If you could choose any job, what would it be?
- What have others told you that you are good at?
- When you were younger, what job did you want?

Social Wellness

- How do you imagine your co-workers?
- What kind of workplace do you see?
- Can you think of a job that would be fun?

Financial Wellness

- How much money would you like to make in a job?
- How many hours would you like to work in a week?
- Would you be interested in hearing about your local Supported Employment Program?

Skills Development & Growth

- Have you ever volunteered?
- What would you get out of working?
- What about work is exciting to you?

Ask About Health & Work

Employers Can Promote A Healthier Workplace for Workers!

- Offer Health Education Classes
- Provide Access to Local Fitness Facilities
- Support Health Insurance Coverage for Preventive Screenings
- Create A Work Environment Free of Health & Safety Threats
- Gain Access to Public Health Services & Campaigns

