

# Workplace Reflexology

for Employee Wellbeing

Reflexology is a non-invasive and relaxing complementary therapy that can be very effective in supporting wellbeing

Workplace reflexology could increase productivity and improve motivation by reducing employee stress and tension, creating a greater feeling of being valued and supported and potentially reducing the number of sick days taken.

Indications from national statistics show an upward trend in the number of employees reporting work-related stress, depression or anxiety.

According to HSE Health & Safety at Work Summary Statistics for Great Britain 2025:

<b>964,000</b>	<b>409,000</b>	<b>22.1 Million</b>
Workers suffered from work-related stress, depression or anxiety (new or long-standing) in 2024/25	Workers suffered from a new case of work-related stress, depression or anxiety in 2024/25	Working days were lost due to work-related stress, depression or anxiety in 2024/25

Symptoms of stress can vary in different people. It can affect how we feel physically, mentally and the way we behave.

## SYMPTOMS OF STRESS

Headaches	Muscle tension or pain	Difficulty concentrating	Constantly worrying
Increased heartbeat	Stomach problems	Feeling overwhelmed	Dizziness
Smoking or drinking more	Being irritable	Being forgetful	Struggling to make decisions
	Sleep problems		

We may not always be able to change a stressful situation, but we can introduce ways to manage and support stress responses.

## HOW REFLEXOLOGY CAN HELP

Reflexology has been found to reduce tension, improve mood, aid sleep and relaxation  
Reducing stress responses in a natural way can support overall health and wellbeing

### Why Choose Me?

I am a Level 5 qualified practitioner, backed and supported by a professional body (fully insured and bound by a Code of Practice and Ethics). You can be reassured your staff are in safe hands.

### Practicalities

In most cases all businesses need to provide is a small private room. I provide all the necessary equipment and consumables.

As an example: Wellbeing reflexology sessions last 30 minutes per person. Meaning employees are only away from their duties for approximately 40 minutes. One workplace wellbeing day would provide reflexology sessions for approximately 8 participants.

Please contact me to arrange a no-obligation onsite visit to discuss how a workplace reflexology day could work for your business.



Mandy Spurr

Clinical reflexology

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