



**Artlift**

Using the Power of Creative Expression

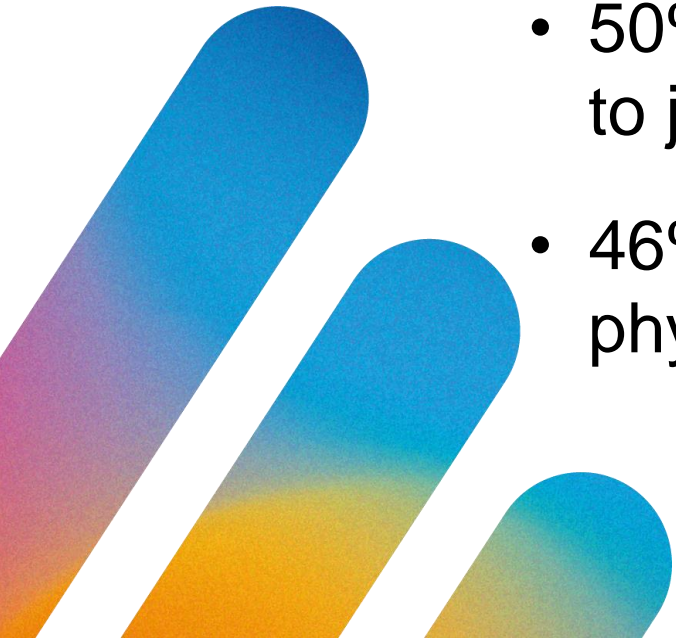
# We deliver arts programmes

- Which empower adults with mental &/or physical health challenges
- Are delivered by experienced, specially trained Artist Facilitators
- Who draw on visual arts, creative writing, photography, dance, drama & singing



# Mental ill health – a major challenge

- Mental ill health accounts for 50%+ of all work-related illnesses
- 1 in 6 working age adults experience mental ill health symptoms at some point in their life
- 50% have experienced 1 or more symptoms of burn out due to job demands
- 46% report having worked despite feeling mentally and/or physically unfit to perform duties



# ...and there's lots more....

- 55% of workers feel work is getting more intense and demanding
- 1 in 5 report feeling unable to manage stress / pressure
- 61% feel exhausted at the end of most working days
- 64% of managers have considered quitting for a job that would better support their wellbeing





**So how can creativity  
improve your mental  
health and wellbeing?**

# Its simple....

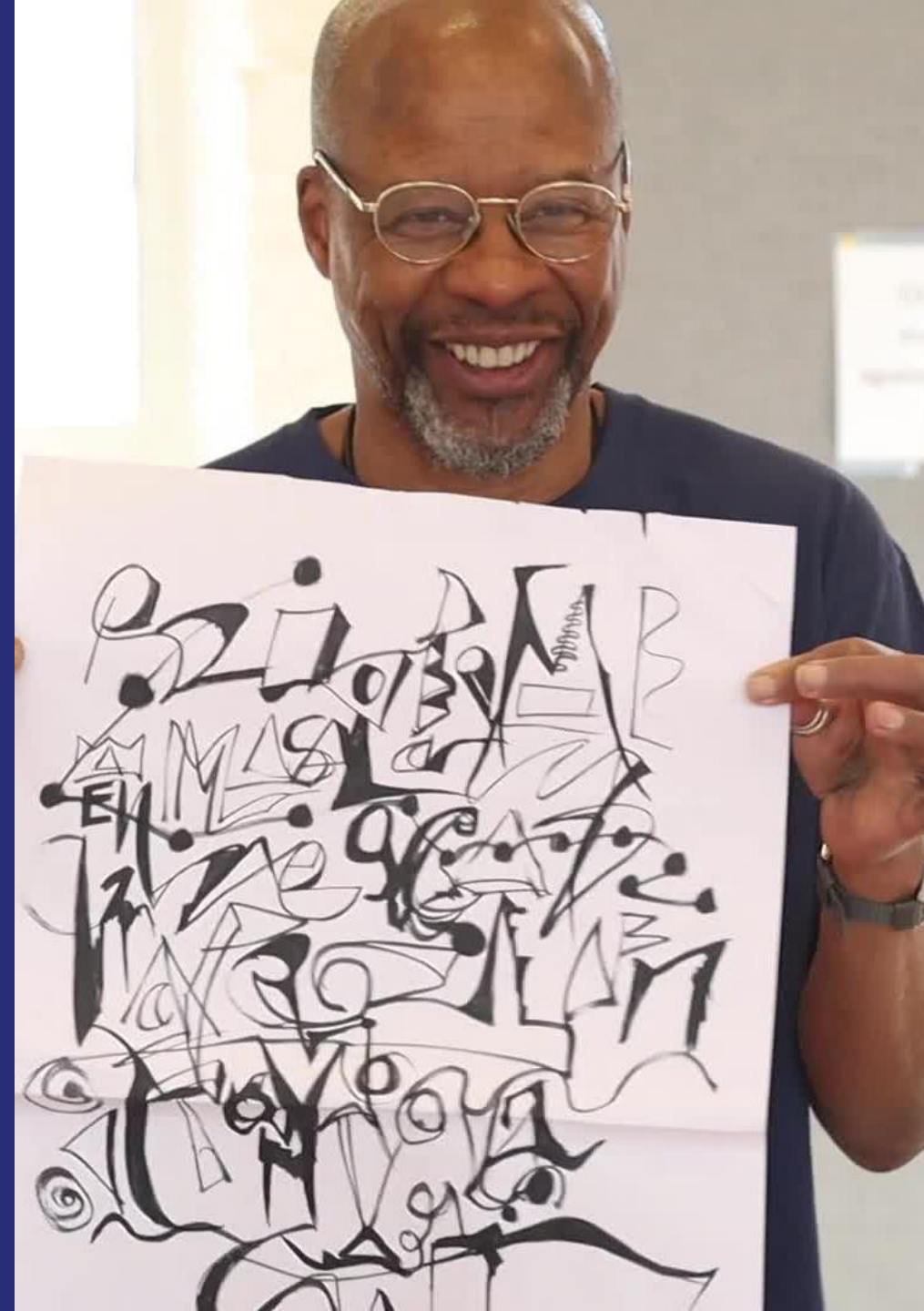
- It focuses the mind and calms the brain and body
- Which improves creative thinking, concentration, productivity and happiness!



*“We all ended up with big smiles and laughter on our faces. Thank you Artlift for allowing me a brief time to be creative”*

# So does Artlift work?

- 88% felt better after our sessions
- 71% reported less stress
- 100% felt more connected to their team



# Today we would like you to experiment!

Introducing.....  
Emma Cleasby, Actor  
Your Artist today







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