

People who
walk over 10,000
steps every day are
10% less stressed.
Why?

Swipe to find out 

#MentalHealthAwarenessMonth





Body ∞ Mind

94% of people
worldwide think
**physical and mental
health are linked**

And the stats don't lie...

**Being overweight
increases the risk of
depression by 27%**

Covid Crisis

**The pandemic has led
to a 26-28% increase
in cases of depression
and anxiety**

Global, regional, and national burden of 12 mental disorders in 204 countries and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019. The Lancet Psychiatry 9, 137–150 (2022).

This is important!

**People with mental
conditions have a
mortality rate
2.22 times higher
than the average***

**the general population without mental conditions*

Walker, E. R., McGee, R. E. & Druss, B. G. Mortality in Mental Disorders and Global Disease Burden Implications: A Systematic Review and Meta-analysis. JAMA Psychiatry 72, 334 (2015).

“A positive
mental well
being gives
balance and
stability
to our lives”

What can you do?

- ☒ try and walk **10,000 steps** per day
- ☒ eat **nutritious** food
- ☒ spend more time **outdoors**
- ☒ change your **sleep routine**
- ☒ **speak to someone**

Explore our findings on mental health, from nearly 13,000 respondants

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SCAN ME

