

# Work can be a positive health intervention

The evidence is compelling: for most individuals, working improves health and wellbeing and reduces psychological distress<sup>1</sup>.

**As well as the financial benefits for a person, their whānau and community, work can enhance wellbeing in other ways:**

## Physical wellbeing

Staying physically active is a key component of overall health. Even a sedentary job gives people an opportunity for physical activity they might not get otherwise.



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## Emotional wellness

Work is a central factor in a person's emotional wellbeing. When people are busy, productive and developing skills, their self-confidence and self-esteem improves.



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## Connectedness

People thrive when they feel a sense of belonging and are contributing to something bigger than themselves.



<sup>1</sup> Ref P.7 The Australasian Faculty of Occupational and Environmental Medicine and The Royal Australasian College of Physicians, Australian and New Zealand Consensus Statement on Health Benefits of Work, May 2011.

**Do you consider the benefits as well as the harms of work when it comes to your patient's health and wellbeing?**



**Do you give the same consideration to work certificates as you do when prescribing medication?**

We all associate work with providing financial benefits – but have you considered the role that it can play in your patients' health and wellbeing?

Research shows that those who are in employment tend to lead happier and healthier lives than those who are not.

**Meaningful employment can lead to improved:**

- Physical wellbeing
- Emotional wellness
- Self-esteem and confidence
- Social connectedness
- Financial security

Work and Income have plenty of partnerships with employers and training organisations. We can help you to connect your patients to these programmes.

### **For more information**

Contact our Health and Disability Advisor in your area, or one of our Work Brokers.

For more information about the types of programmes and services we have, go to:

[msd.govt.nz/health-and-disability](https://msd.govt.nz/health-and-disability)  
[msd.govt.nz/employment](https://msd.govt.nz/employment)



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