



Health is Safety

Health and Safety Representatives' Conference – Making a Difference

Dr Tom Mulholland
Founder, KYND Wellness





An Introduction



Emergency Medicine Doctor Rural GP
Dr St John Ambulance
Past Chairman NZMA Auckland
Best selling Author Healthy Thinking
Honorary Lecturer in Psychological Medicine
Founder White Cross Taranaki
Founder Doctor Global
Winner Multiple Business Awards
NZDF Special Services Medal for Boxing Day
Tsunami relief work
Chief Emotional Architect
Healthy Thinking Institute
TV and Radio Talk Show Host
Sunday Star Times Wellbeing Columnist
Expedition Leader
HOPP Tour
Founder KYND Wellnes



Changing our Attitude



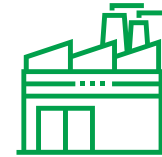
The Problems

- **More than 80%** of workplace accidents are due to people being fatigued, hangry, stressed, frustrated, anxious or angry
- **200,000** type 2 diabetics in NZ, **100,000** undiagnosed, **200,000** estimated pre diabetes
- Cost of absenteeism, presenteeism
- Cost of staff turnover and suicide



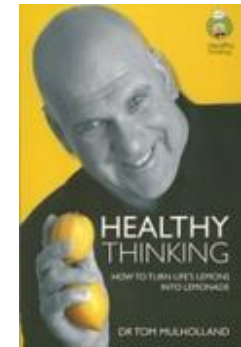
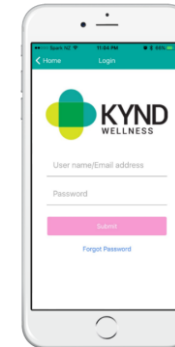
A Solution

- Four years on the road
- **3200 people tested**
- Over 50 workshops for Farmers on stress
- Picked up over 1000 people with undiagnosed high blood pressure, type 2 Diabetes, anxiety etc
- 500 talks and presentations to a wide range of workplaces

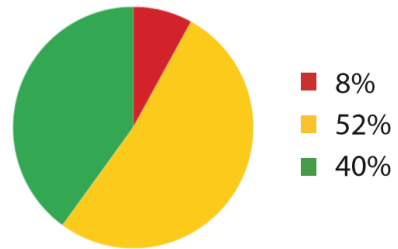


Our Solution

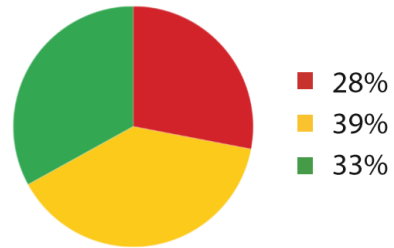
- KYND Tools to manage wellbeing



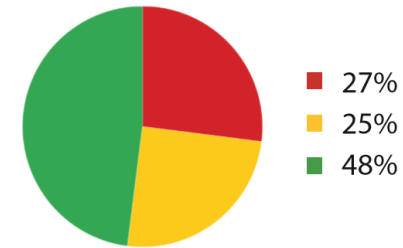
Data



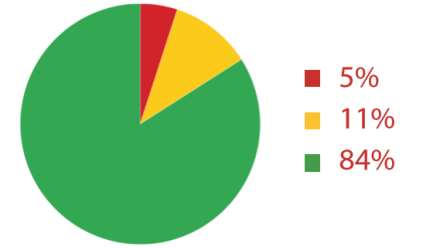
Sleep
60% have sleep problems (not necessarily fatigue but linked)



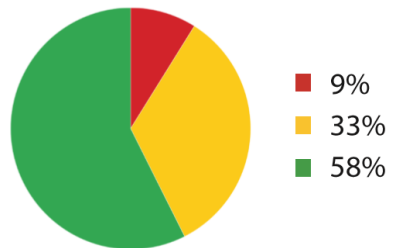
Elevated Blood Pressure
72% have elevated blood pressure.



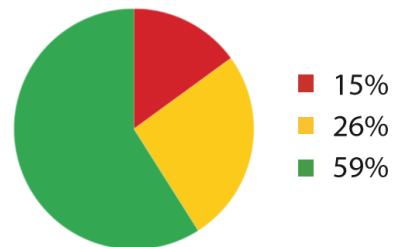
Waist Circumference
52% abnormal waist circumference



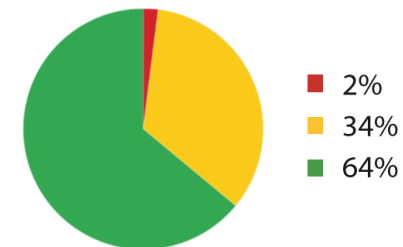
Diabetes
16% pre-diabetic or diabetic.



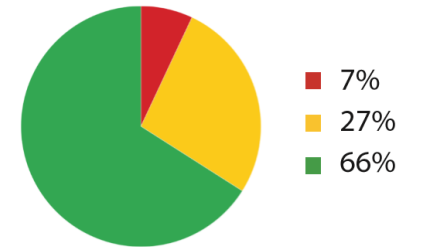
Anxiety
42% anxiety problems



Cholesterol
41% elevated cholesterol/HDL ratio



Healthy Thinking
36% orange and red traffic light healthy thinking scores



Depression
34% mild moderate or severe depression



KYNDWELLNESS

Home

Dashboard

Body

Mind

Life

About

Government Health & Safety Lead

Government Health and Safety Lead Wellington

Location: Government Health and Safety Lead

GRAPH V

Measurement	Completed	Green	Amber	Red	To
Healthy Thinking	47%	83.6%	15.5%	0.9%	10
Gratitude	47%	70.9%	26.4%	2.7%	10
Sleep	45%	48.2%	47.3%	4.5%	10
Mindfulness	48%	0.9%	89.1%	10.0%	10
Depression	43%	80.9%	17.3%	1.8%	10
Anxiety	43%	70.9%	24.5%	4.5%	10
Stress	43%	85.5%	12.7%	1.8%	10

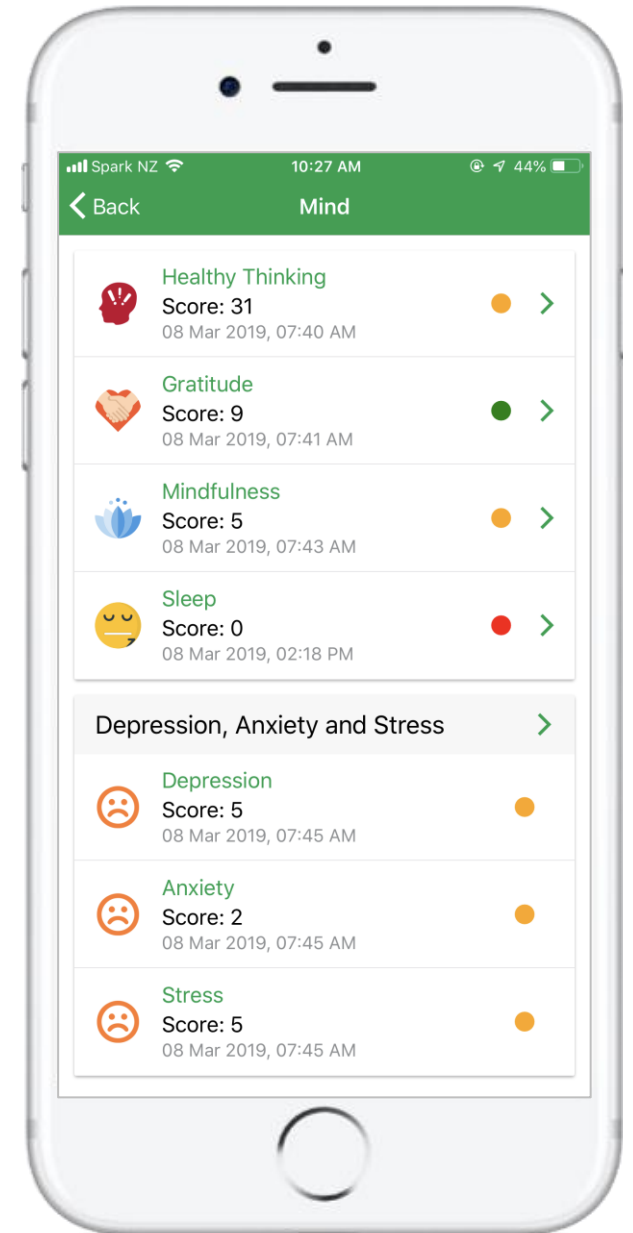
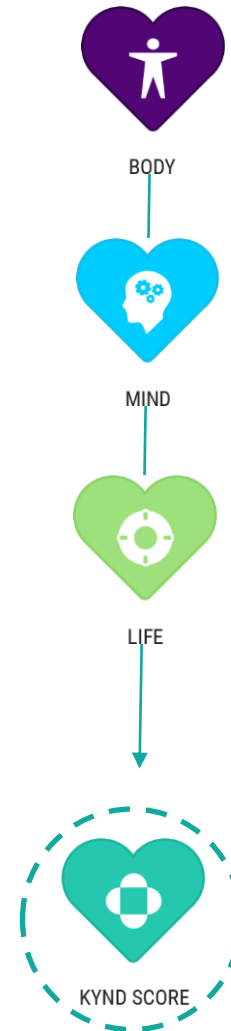
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What's Your KYND Score?

Find out how KYND can help improve the health, wellbeing and safety of your employees.

Change your perspective on wellbeing.

Thanks to the 277 of you that have downloaded the app.






Let's start with you!




→ *Accidents and illness start with other people right?*

→ *What age do you want to live to?*

→ *3 things that may stop you from getting there*



	<div>Gratitude</div> <div>Score: 10</div> <div>11 Jun 2017, 06:16 AM</div>	<div><div></div></div> <div>➤</div>
	<div>Mindfulness</div> <div>Score: 5</div> <div>11 Jun 2017, 06:19 AM</div>	<div><div></div></div> <div>➤</div>
	<div>Sleep</div> <div>Score: 5</div> <div>11 Jun 2017, 06:19 AM</div>	<div><div></div></div> <div>➤</div>

Depression, Anxiety and Stress		➤
	<div>Depression</div> <div>Score: 0</div> <div>02 Jul 2017, 04:00 PM</div>	<div><div></div></div>
	<div>Anxiety</div> <div>Score: 0</div> <div>02 Jul 2017, 04:00 PM</div>	<div><div></div></div>
	<div>Stress</div> <div>Score: 0</div> <div>02 Jul 2017, 04:00 PM</div>	<div><div></div></div>

Takutsuba
Syndrome

(Broken Heart)



Lost Productivity

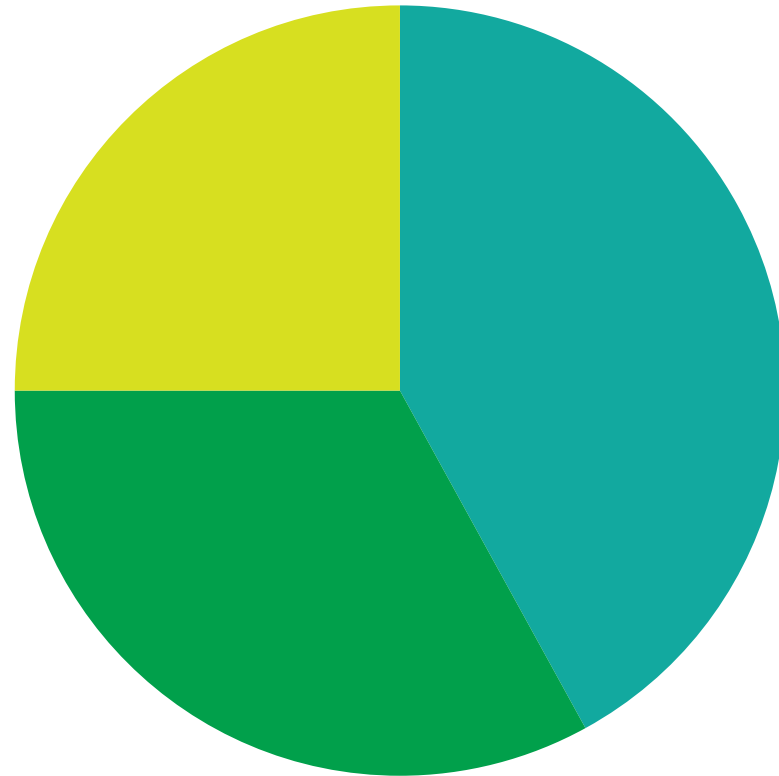
- On average, lost productivity waste and risk due to ...

Frustration 42%

Stress 33%

Anxiety 25%

Software or Hardware? Mind or Brain?



Your Emotional Index

- Sadness
- Anger
- Resentment
- Disappointment
- Stress
- Anxiety
- Rejection
- Jealousy
- Guilt
- Frustration

Client Logo

T

StopTerms

YOUR EMOTIONAL INDEX

What percentage of the time do you feel these emotions? Take an average of your feelings over the last month. Check the box which best represents the percentage of time you felt each emotion. Click 'submit' when you have finished.

Emotion felt	Percentage of time over past month
	0%10%20%30%40%50%60%70%80%
I felt sadness	
I felt anger	
I felt resentment	
I felt disappointment	
I felt stress	
I felt anxiety	
I felt rejection	
I felt jealousy	
I felt guilt	
I felt frustration	

SUBMIT

Back

HEALTHY THINKING INSTITUTE

Introduction

Terminology

Psychometrics

Emotional Algebra I

Emotional Algebra II


Attitude Scales I



Thoughts are not facts

Emotion - Trigger = Thought

HEALTHY THINKING®



**ISN'T IT
TIME YOU
TWIGGED?**

**TEST WHETHER ALARM EMOTIONS
ARE HEALTHY OR NOT WITH TWIG**


IS IT **T** RUE?

IS IT **W** ORTH **I** T?

DOES IT HELP ME ACHIEVE MY **G** OALS?

IF THE ANSWER TO ANY QUESTION IS NO,
SUBSTITUTE NEW THOUGHTS FOR OLD.

ISN'T IT TIME YOU TWIGGED?

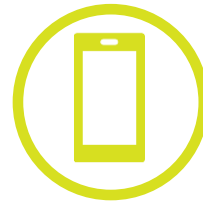


www.healthythinking.biz





Be kind to yourself and others



Download KYND wellness app



Use KYND in your Department – KYND H&S/HR