

The HumanWisdom app helps staff manage their own mental health and have happier relationships

Happier staff are more engaged and can boost productivity

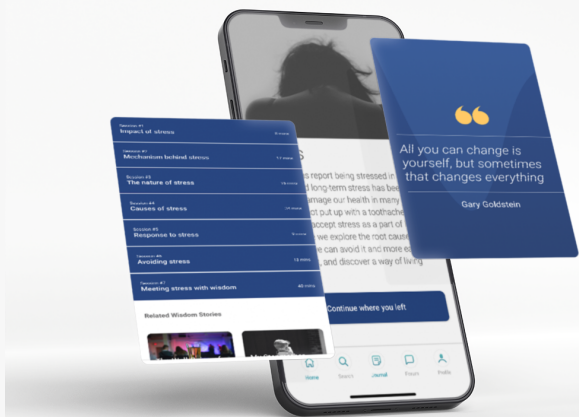
LONDON, UNITED KINGDOM, November 15, 2022 /EINPresswire.com/ -- The [HumanWisdom](#) app offers a single solution, rooted in self-knowledge, that can support employees to be happier and manage their own mental health, boost leadership and relationship skills, and could help organizations boost their productivity.

The US Surgeon General recently reported that 76% of employees reported at least one symptom of a mental health condition (hhs.gov). According to Gallup, in 2021 only 21% of employees are engaged at work and this costs the global economy \$7.8 trillion (gallup.com). The common thread in all these problems is that they are linked to the quality of the relationships people have, and originate in our thinking. The HumanWisdom app helps people understand why they think, feel, and act in the way that they do, by helping them connect with their own innate wisdom. As a result, relationships can improve, and many mental health problems can be prevented and more easily overcome. Happier employees are more engaged and can boost organizational productivity by 18% (Gallup.com).

In a survey of users of the HumanWisdom app, 87% said it had a positive impact on their wellbeing, 83% reported less stress and anxiety, and 80% were happier.

Here are some examples:

Stress is just an automatic reaction from our thinking to an external event. If we can't change the event we can reduce our stress by changing our reaction to it. Changing our reaction needs us to

A promotional graphic for the HumanWisdom app. It features a smartphone displaying the app's interface, which includes a list of topics like 'The nature of stress' and 'Causes of stress'. A blue card with a quote by Gary Goldstein, 'All you can change is yourself, but sometimes that changes everything', is overlaid on the phone. Below the phone, the text 'Avoid & overcome stress' is prominently displayed, followed by 'Learn how to use your wisdom to avoid and overcome stress'. At the bottom, there are logos for HumanWisdom, the Apple App Store, and Google Play.

Avoid & overcome stress

Learn how to use your wisdom to avoid and overcome stress

HumanWisdom

Download on the App Store

GET IT ON Google Play

The HumanWisdom app can help you avoid stress

understand why we think and react in the way that we do – and that needs wisdom. The app offers 14 ways people can respond to stress with wisdom.

Understanding ourselves helps us to understand others better and this can boost the quality of our relationships and reduce conflict. Understanding that deep down we are the same human being helps us accept others who are different and this can help with diversity and inclusion in organisations. There are detailed modules on communication and relationships in the app.

Our self-interest operates in the background and shapes our actions. When making a decision we opt for the option that is best for us and the group we identify with – our department for example. This is how tribes form in organisations, each trying to gather power and influence for itself. Recognising this in ourselves allows us to put our self-interest to one side and work for the common good.

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Each person can access their own wisdom through a deeper self-understanding. This can help us be mentally healthy, emotionally intelligent, and have happier relationships.”

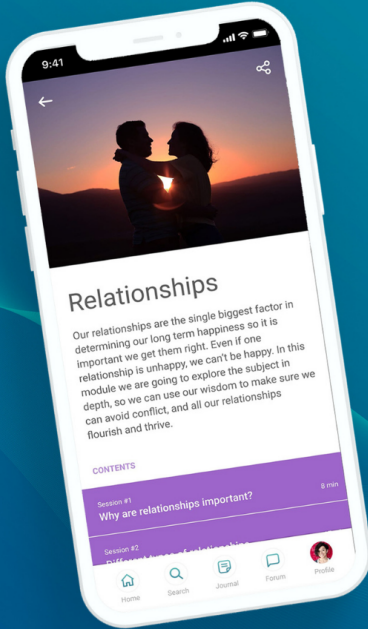
Dr Manoj Krishna

Every quality a leader needs to be successful is a natural by-product of living with a deeper self-understanding: Integrity, emotional intelligence, being able to manage one's own mental health, resilience, empathy, courage, relationship skills, and having the ability to think critically.

The app is always available to help deal with the many challenges employees face and can also help those who do not seek help. Employees who are less stressed, anxious,

and who have excellent relationships are happier and naturally more engaged. This can boost productivity.

The Human Wisdom Project was founded by retired spine surgeon [Dr Manoj Krishna](#). Its aim is to help each person lead their best life and create a better future for humanity. He is the author of two books - Understanding Me, Understanding You, and [Stress Free](#). To find out more visit humanwisdom.me or download the HumanWisdom app.



HumanWisdom
Wisdom for a happier life

Have happier relationships

Relationships | Love | Emotional needs | Manage your emotions | Stress | Communication | Anxiety | Reactive mind

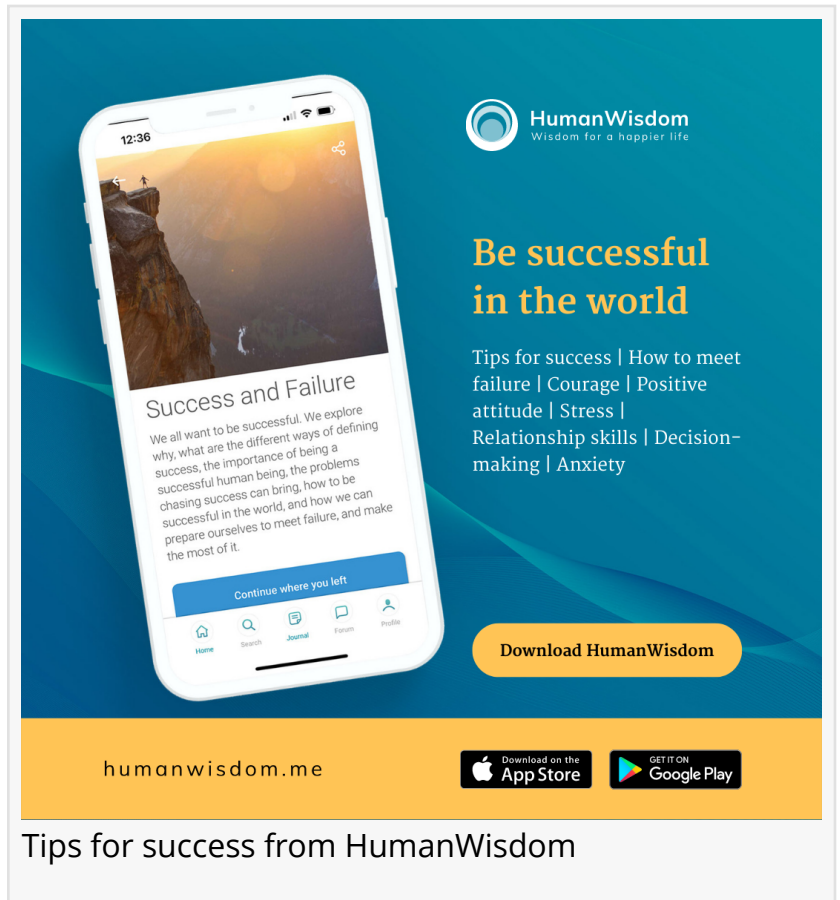
[Download HumanWisdom](#)

humanwisdom.me

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Have happier relationships with HumanWisdom

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The advertisement features a white smartphone tilted at an angle, displaying the HumanWisdom app interface. The screen shows a sunset background with a person climbing a rock. The article title is "Success and Failure", and the text discusses the importance of success and failure. Below the article is a blue button that says "Continue where you left". At the bottom of the screen are icons for Home, Search, Journal, Forum, and Profile. To the right of the phone, the HumanWisdom logo is shown with the tagline "Wisdom for a happier life". Below the logo, the text "Be successful in the world" is written in a large, bold, orange font. Underneath this, a list of topics is provided: "Tips for success | How to meet failure | Courage | Positive attitude | Stress | Relationship skills | Decision-making | Anxiety". A yellow button with the text "Download HumanWisdom" is positioned below the list. At the bottom of the advertisement, the website "humanwisdom.me" is displayed on the left, and two logos for "Download on the App Store" and "GET IT ON Google Play" are on the right. The entire advertisement is set against a blue background with a wavy pattern.

HumanWisdom
Wisdom for a happier life

**Be successful
in the world**

Tips for success | How to meet failure | Courage | Positive attitude | Stress | Relationship skills | Decision-making | Anxiety

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Tips for success from HumanWisdom

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