

# Managing IBS at work

For **sufferers** and their **employers**



As many as two in 10 of us experience the uncomfortable and sometimes debilitating symptoms of irritable bowel syndrome (IBS). Unfortunately, these symptoms don't stop when we come to work - but there are things we can do to reduce the impact on our performance.

## SUFFERERS



### Be frank with your manager

Don't be afraid to ask for support if you need it.



### Arm yourself with facts

Use facts and stats to help your employer understand.



### Take moving breaks

Exercise and movement can help alleviate IBS symptoms.



### Ask for flexibility

Whether that's working from home or taking more breaks when symptoms are bad.



### Come to work prepared

Painkillers, herbal teas, hot water bottles - whatever it takes.



### Know that you're not the only one

Remember: IBS is common. There's no need to be embarrassed.

## EMPLOYERS



### Create an open culture

IBS is personal and can be hard to talk about. Be approachable and prepared to help.



### Research the facts

Don't let your judgement be clouded by misconceptions.



### Promote active working

Movement and exercise alleviates IBS symptoms.



### Be flexible

IBS is unpredictable. Allowing flexibility takes some of the stress away.

When it comes to lowering absenteeism and improving the productivity of employees, it's important to take personal health problems into account. Book one of our bespoke wellbeing screenings to help employees identify health issues that could be affecting their performance at work. Visit [posturite.co.uk/consulting/wellbeing](https://www.posturite.co.uk/consulting/wellbeing) to find out more.