

## **MEDIA RELEASE FOR IMMEDIATE DISTRIBUTION**

Wednesday 10th September 2025

**HEADLINE:** Health Stack supports R U OK? Day by showing how one breath can unlock better mental health for Australian workplaces

**Queensland, Australia** – This [R U OK? Day](#), fast-growing MedTech platform [Health Stack](#) is encouraging Australians to pause, connect, and breathe.

Held on the second Thursday of September, R U OK? Day, is an annual national day of action in Australia, that encourages everyone to reach out and have meaningful conversations with loved ones to support their mental health and well-being – because a conversation can change a life.

One of the core pillars of Health Stack’s data-driven injury prevention programs for Australian workplaces is breathing education; equipping people with practical skills to manage stress, build resilience, and support mental health every day.

According to Health Stack founder James Fletcher, techniques such as nasal breathing and CO<sub>2</sub> tolerance drills help regulate the nervous system and improve stress management.

“R U OK? Day reminds us that checking in with others is vital—but it also highlights the need to equip ourselves with tools that make those tough days easier to manage,” said James Fletcher.

“Breathwork is one of the simplest, most effective ways to regulate stress and build long-term resilience. Structured breathing drills train the body and mind to adapt better to stress, increasing focus and recovery capacity, with simple practices like taking long exhale breaths, lowering heart rate and helping prepare the body for restorative sleep.

Health Stack’s team of health professionals—spanning physiotherapy, exercise physiology, psychology, and nutrition—are working with workplaces and individuals across Australia to embed these skills.

While conversations save lives, how we breathe shapes how we cope with stress, recover from daily pressures, and sleep deeply at night –playing a big role in assisting people cope with stressful situations.

R U OK? is a national suicide prevention charity and registered public health promotion that encourages people to stay connected and have conversations that can help others through difficult times -in 2025 it will be held on Thursday 11th September.

Their goal is to ensure people not only ask "R U OK?" but are also better prepared to handle life's challenges with calm and clarity - click [here](#) to learn more about how your workplace can host an event or [here](#) to access free resources.

To learn more, visit [healthstack.com](https://healthstack.com)

## **About Health Stack**

Founded in 2020, Health Stack is the subsidiary of Safe & Healthy, which has been operating in the corporate health sector since 2013. Its founder James Fletcher is a former rugby player, physiotherapist and exercise physiologist who specialises in breathing techniques to support performance, recovery and health. He has worked with many athletes from the Australian Institute of Sports, Cirque du Soleil and Olympians.

His core focus is on the 'forcefield' approach to workplace injury and ill-health prevention; this philosophy focuses on treating the body as an interconnected system. It seeks to showcase the links inputs like stress or bad sleep plays in an output like a lower-back injury and treat the issues holistically through its programs focusing on exercises, nutrition and managing stressors.

Its flexible online and hybrid model goes beyond onsite care, delivering real solutions that actually work. We achieve this through our cutting-edge platform and team of healthcare leaders, not just physiotherapists, but nutritionists, psychologists and doctors who tackle the full picture of employee health.

Trained in the cutting-edge LOAD IT rehabilitation model, we don't just treat injuries - we empower recovery and prevent future risks. With locations throughout Australia and New Zealand we can reach even the most remote areas. Our health professionals' online platforms deliver high quality care with minimal disruption, ensuring your team gets the support they need without leaving the premises.

Forget the old way. Experience workplace health redefined.



healthstack.com.au

For all media enquiries, images, or interviews, please contact James Fletcher **e**

[james@healthstack.com.au](mailto:james@healthstack.com.au) **m** 0451 709 097

**ENDS**