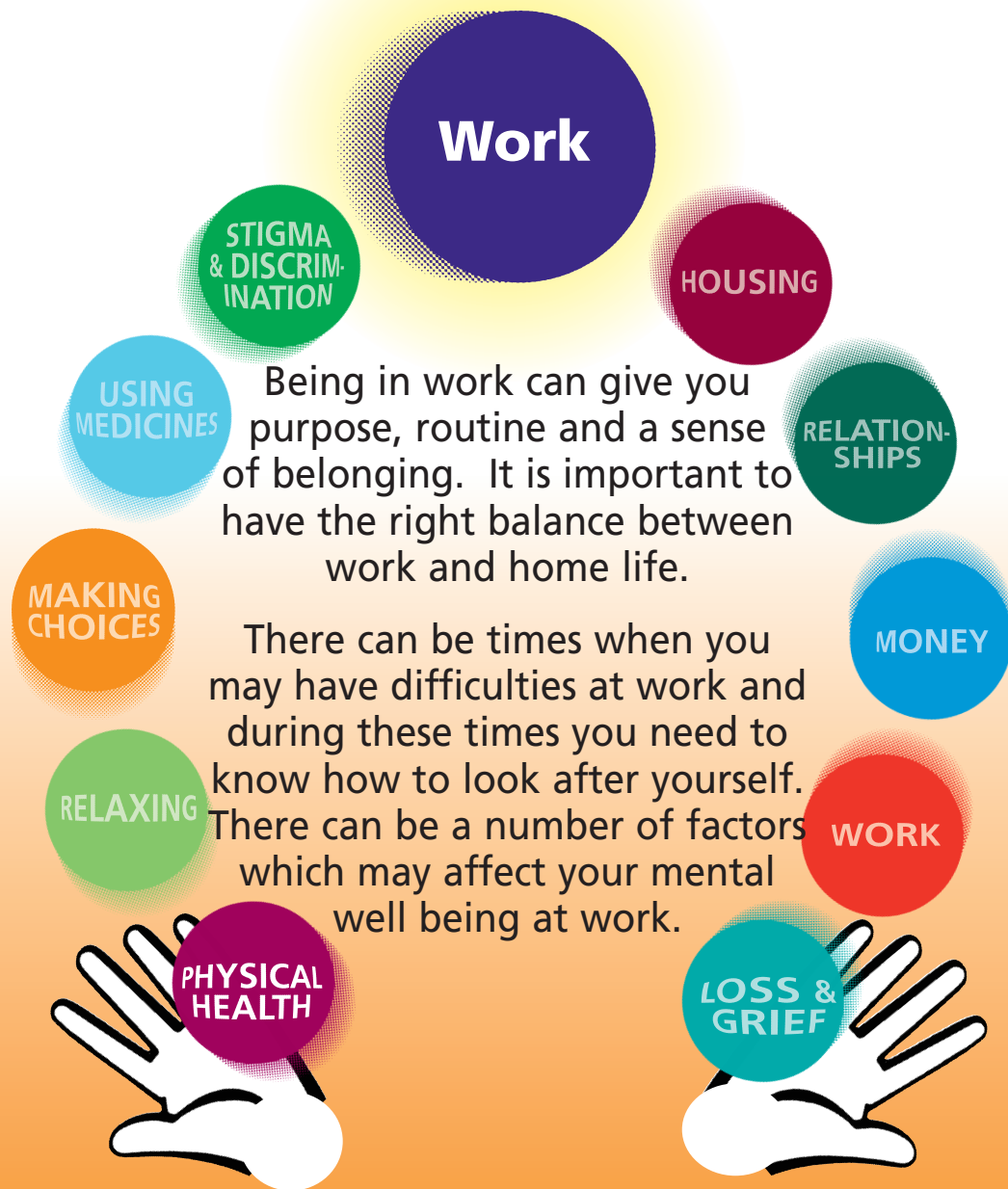


Many factors can influence mental well being



What can affect your mental well being at work:-

- Change - such as organisational change, change of role, change of location, job insecurity or redundancy
- Role - lack of clarity about what is expected of you, lack of job satisfaction, lack of support
- Relationships - conflict or bad relationships with colleagues, bullying
- Demands - pressure of workload, unrealistic timescales /expectations, long or irregular hours, too little work
- Communication - mixed messages, lack of communication or excessive communication (via email, mobile phones)
- Environment - overcrowding, poor facilities, too hot or too cold, excessive noise, working alone, safety issues

What can you do:-

- Remember to look after yourself, make time for yourself, eat well, take time to exercise, maintain interests and hobbies
- Continue to see family and friends
- If you feel the demands of your job are unreasonable or excessive, find out who can help in your workplace
- Make sure you take the breaks you are entitled to, e.g. don't work through your lunch break
- Get support and advice if you have conflict at work. If you feel you are being bullied, keep a record of what is happening to you and seek advice e.g. from your HR Dept, colleagues or union if you belong to one
- If you are feeling insecure in your job or there is the threat of redundancy, look at what skills you have, investigate the job market. Could this be an opportunity to retrain or increase your skills!

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