

MENTAL HEALTH IN THE WORKPLACE



MENTAL HEALTH TRIGGERS

NO SLEEP

It is essential for the body to have a **regular sleep cycle** in order to optimise the function of the brain. Not having enough will stop the brain resetting properly to prepare for emotional challenges the next day.

DEPRESSION

Depression is a long-lasting **low mood disorder**. Depression can affect a person's motivation to do or enjoy anything which can slowly deteriorate one's physical health.

STRESS

Stress can be a cause or **trigger** for poor mental health. Stress can become overwhelming for an individual, making any existing disorders worse or frustrating to cope with.

ANXIETY

Anxiety can be feelings of **stress, panic and nervousness**, preventing one from doing their everyday tasks or entering social settings. **Intense and overwhelming** periods of anxiety may trigger a panic attack.

OCD

OCD is an anxiety disorder in which **unwelcome thoughts or worries** are continuously repeated in a person's mind. **Compulsive behaviours** are carried out to reduce the anxiety caused by their repetitive thoughts.

Mental health concerns can occur when:



HOW CAN WORKPLACES IMPROVE STAFF WELLBEING?

- 1 Keep in regular contact with your colleagues and employees
- 2 Speak candidly about mental health and encourage others to do so
- 3 Provide staff with the necessary websites and online advice
- 4 Encourage a healthy work/life balance with all employees
- 5 Encourage positive coping mechanisms at work for all levels of staff

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Mark Steyvers



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