

6 Tips - to Improve Stress at Work



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- 1** **Identify what is affecting your mental health** Find out what triggers your poor mental health which can help you anticipate the situation and find solutions.
- 2** **Seek help from a designated wellbeing officer** Every employer should have a wellbeing officer. Identify who yours is at work and seek-out there help and support when you are feeling fragile with mental health worries. They can be a useful person to talk to, whether you have doubts about the vaccination or fears about infection in the workplace, phobias, stress, depression or anxiety.
- 3** **Seek help and advice from your GP** Get professional help. Explain as much as possible to your GP so that they can record this, diagnose the condition and its severity and provide assistance, whether this is medicinal help or psychological support. It might also be the case that the severity of your condition is classed as a disability where medication might be needed, but don't jump to have medication, try speaking to supportive people first about how you're feeling.
- 4** **Connect with others** Evidence suggests that feeling close to and valued by other people is a basic human need. Good relationships are important to our wellbeing. Do not let the pressures of the day stop you from interacting with your peers, reaching out and touching base with your team and do it in a way which is as personable as possible. Pick up the telephone and talk about anything, share the troubles, the tough days along with the work arrangements. Show you care. Employers can't help if they don't know what the problem is. They might be able to offer support, adjust your working conditions or even help to provide counselling or occupational health services.
- 5** **Celebrate successes** It's important to celebrate the successes, big and small. Some days that might mean a great piece of work, other days it could be celebrating the biggest piece of work coming to an end. Picking others up and praising them for something they have done well and vice versa can significantly improve a person's feeling of value and self-worth. In turn, that will release the endorphins making you both feel great. Pick a team member each day to celebrate or put forward the things you have done well.
- 6** **Be kind** In our current climate, we're all going through a difficult time. It's important to be kind to yourself and others. Now is not the time to persecute someone for failing, we do not know their situation and circumstances. Be supportive of each other and remember it's okay to not be okay.