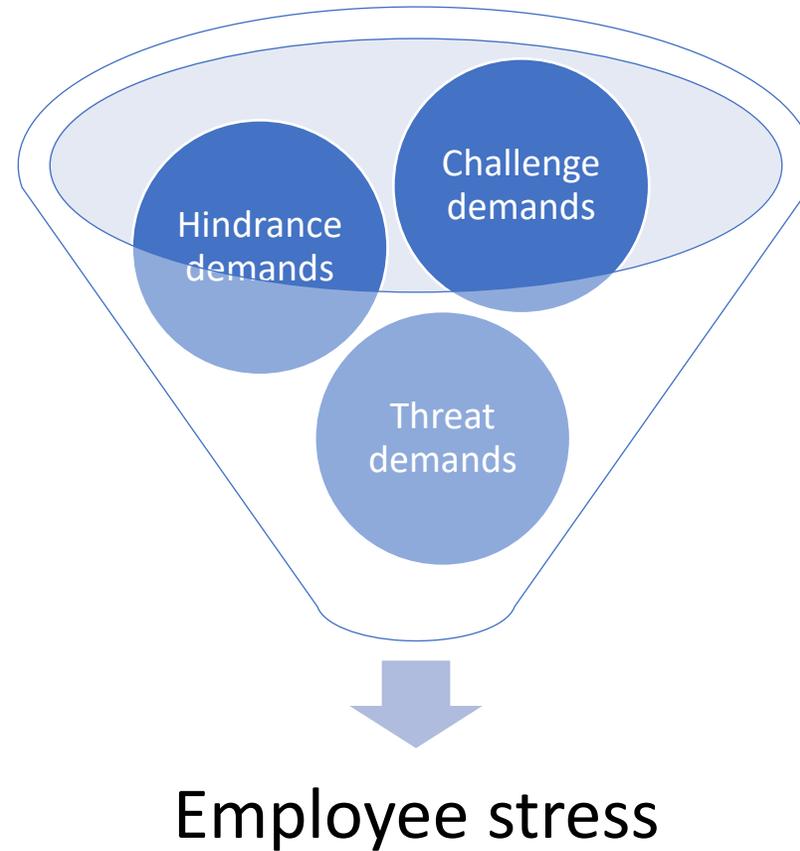




Melissa Metcalf
Senior mental health nurse
GV Health

A call for change



Impact of high workplace stress





Wellbeing models and ways of thinking



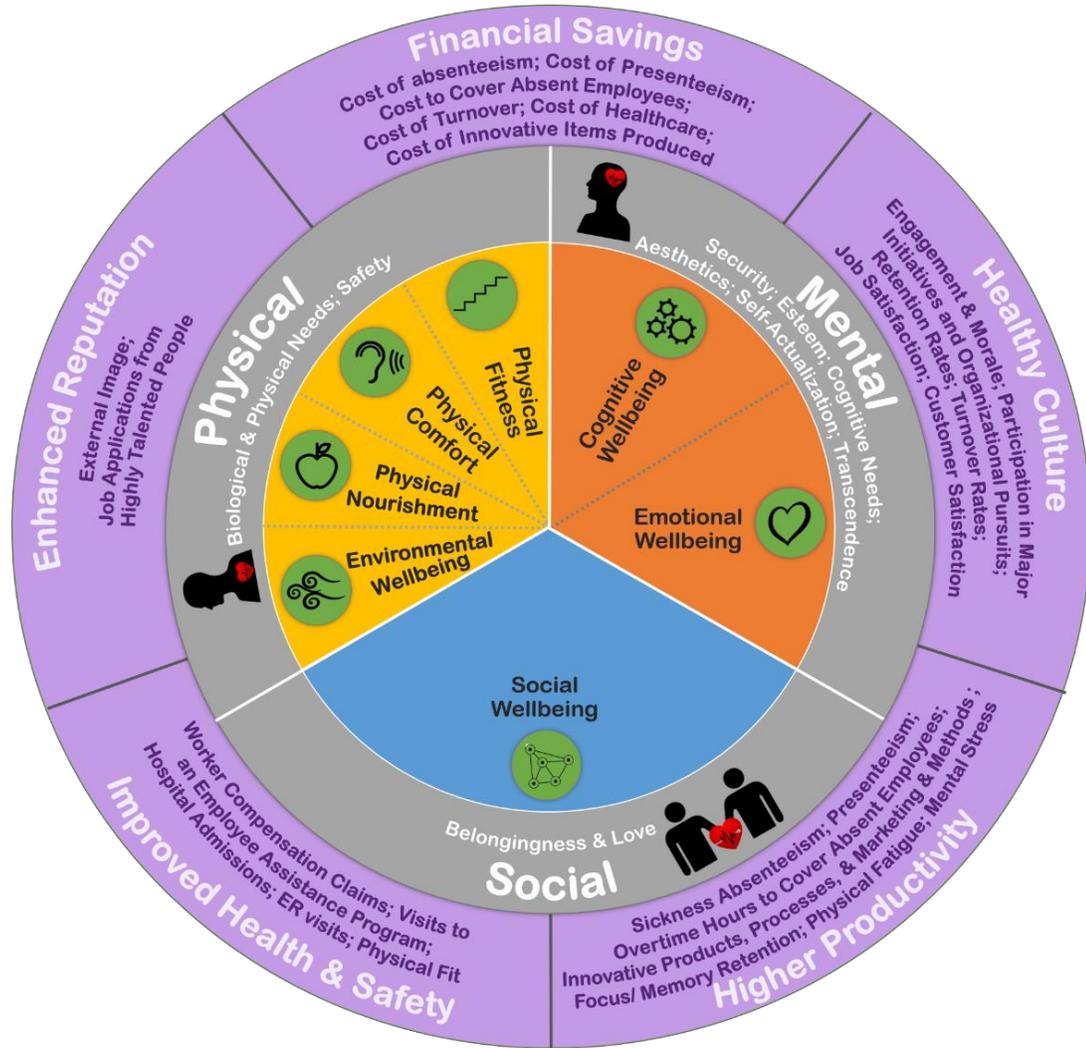
← THE MENTAL HEALTH CONTINUUM →

	SELF CARE & SOCIAL SUPPORT		PROFESSIONAL CARE	
	HEALTHY	REACTING	INJURED	ILL
	Normal Functioning	Common & Reversible Distress	Significant Functional Impairment	Clinical Disorder. Severe & Persistent Functional Impairment
MOOD	Normal mood fluctuations Calmness and the ability to take things in stride	Being irritable or impatient Being nervous Being sad or overwhelmed	Anger Anxiety Pervasive sadness or hopelessness	Angry outbursts or aggression Excessive anxiety or panic attacks Depression or suicidal thoughts
ATTITUDE	A good sense of humour Good performance Being in control	Expressing displaced sarcasm Procrastination Forgetfulness	A negative attitude Poor performance or workaholic behaviour Poor concentration or decisions	Excessive insubordination An inability to perform duties, control behaviour or concentrate
SLEEP	Normal sleep patterns Few sleep difficulties	Having trouble sleeping Having intrusive thoughts Having nightmares	Restless or disturbed sleep Recurrent images or nightmares	An inability to fall asleep or stay asleep Sleeping too much or too little
PHYSICAL HEALTH	Being physically well Having a good energy level	Having muscle tension or headaches Having low energy	Increased aches and pains Increased fatigue	Physical illnesses Constant fatigue
ACTIVITY	Being physically and socially active	Decreased activity or socializing	Avoidance Withdrawal	Not going out or not answering phone
HABITS	Limited or no alcohol use or gambling.	Regular but controlled alcohol use or gambling.	Increased alcohol use or hard-to-control gambling	Alcohol or gambling addiction Other addictions

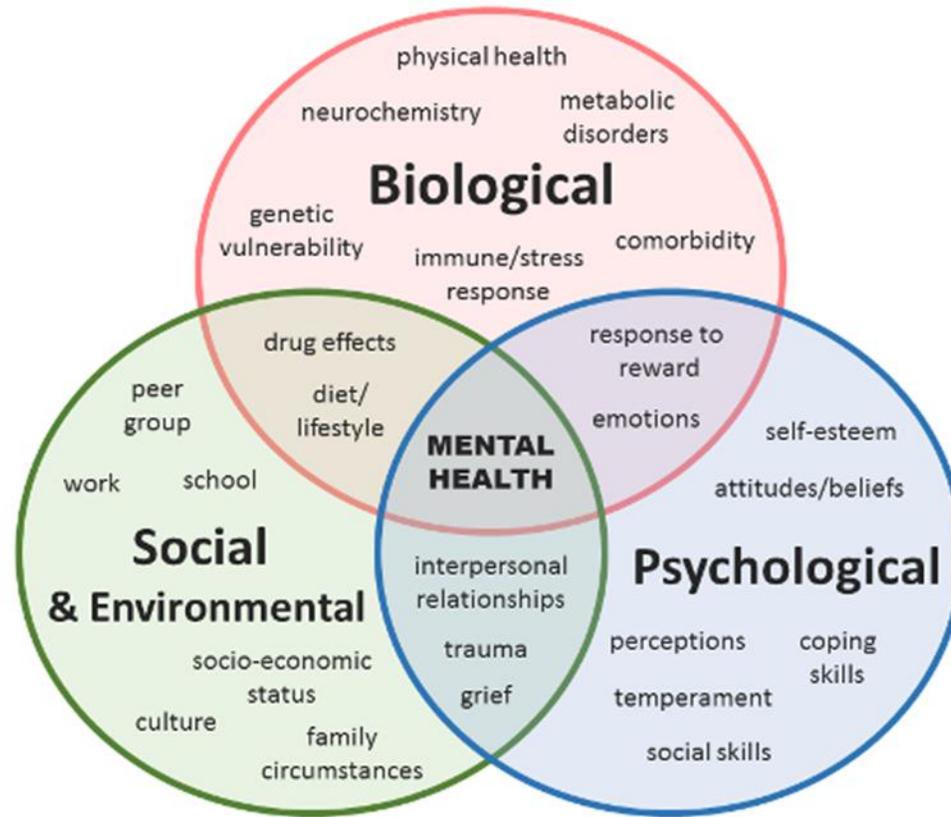
ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

<ul style="list-style-type: none"> Focus on task at hand Break problems into manageable chunks Identify and nurture support systems Maintain healthy lifestyle 	<ul style="list-style-type: none"> Recognize limits Identify and minimize stressors Engage in healthy coping strategies Get adequate food, rest, and exercise 	<ul style="list-style-type: none"> Identify and understand own signs of distress Seek social support and talk with someone instead of withdrawing Seek help 	<ul style="list-style-type: none"> Seek consultation as needed Follow health care provider recommendations Regain physical and mental health
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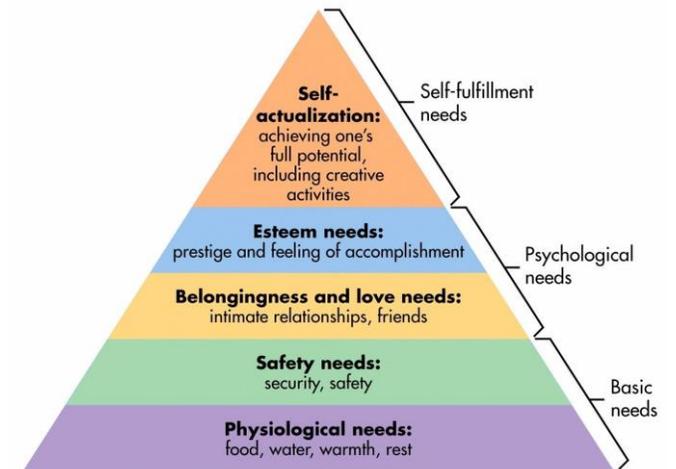
Workplace perspective



A holistic understanding of wellbeing



Holistic wellbeing – simplified model



VIA Classification of Character Strengths



Creativity



Curiosity



Judgment



Perspective



Bravery



Perseverance



Zest



Honesty



Social Intelligence



Kindness



Love



Leadership



Fairness



Teamwork



Forgiveness



Love of Learning



Gratitude



Spirituality



Self-Regulation



Humility



**Appreciation
of Beauty**



Prudence



Hope



Humor

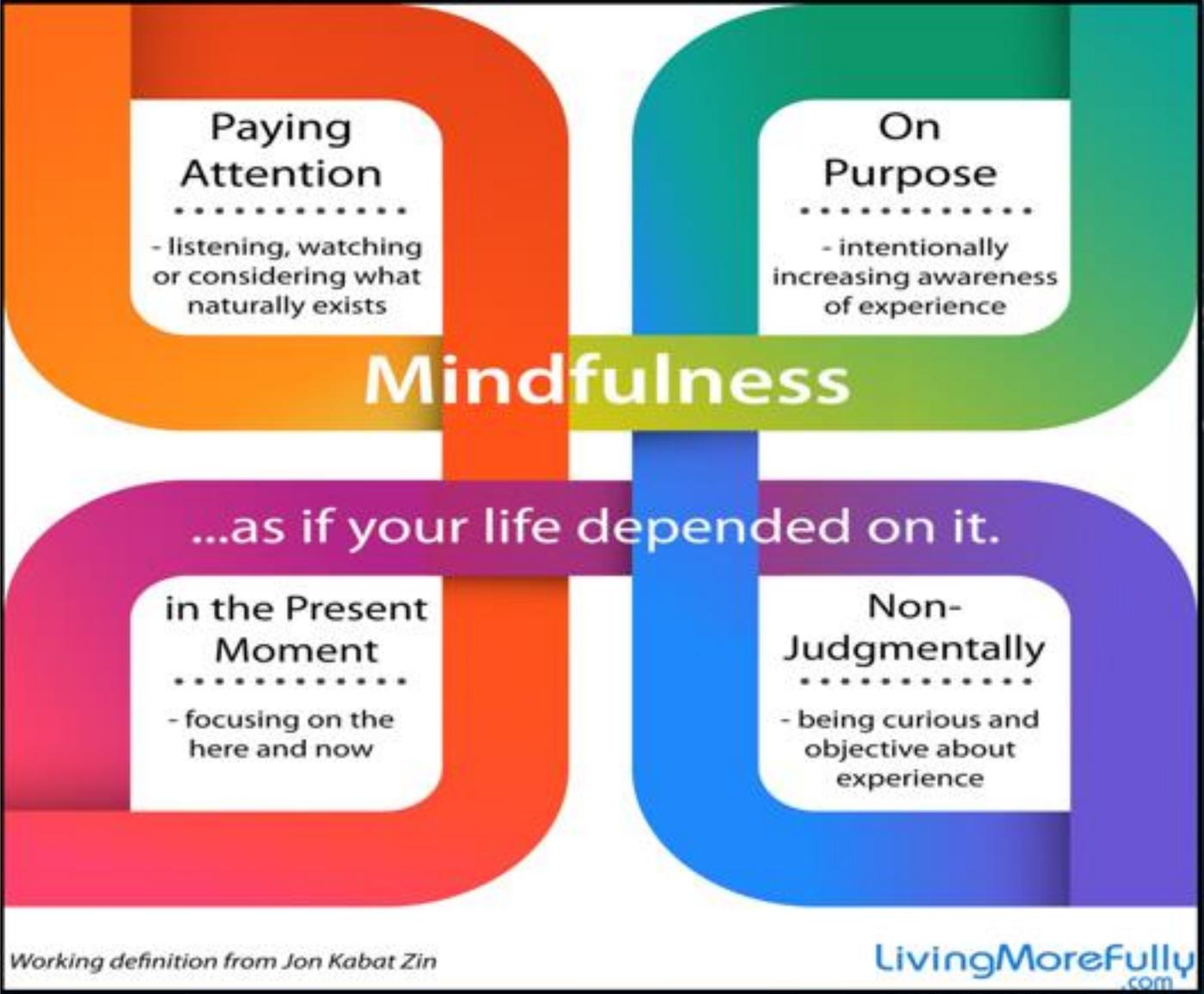
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WHAT WE THINK, WE ARE..



You can't live a positive life with negative mind.



Paying Attention
.....
- listening, watching or considering what naturally exists

On Purpose
.....
- intentionally increasing awareness of experience

Mindfulness

...as if your life depended on it.

in the Present Moment
.....
- focusing on the here and now

Non-Judgmentally
.....
- being curious and objective about experience

Working definition from Jon Kabat Zin



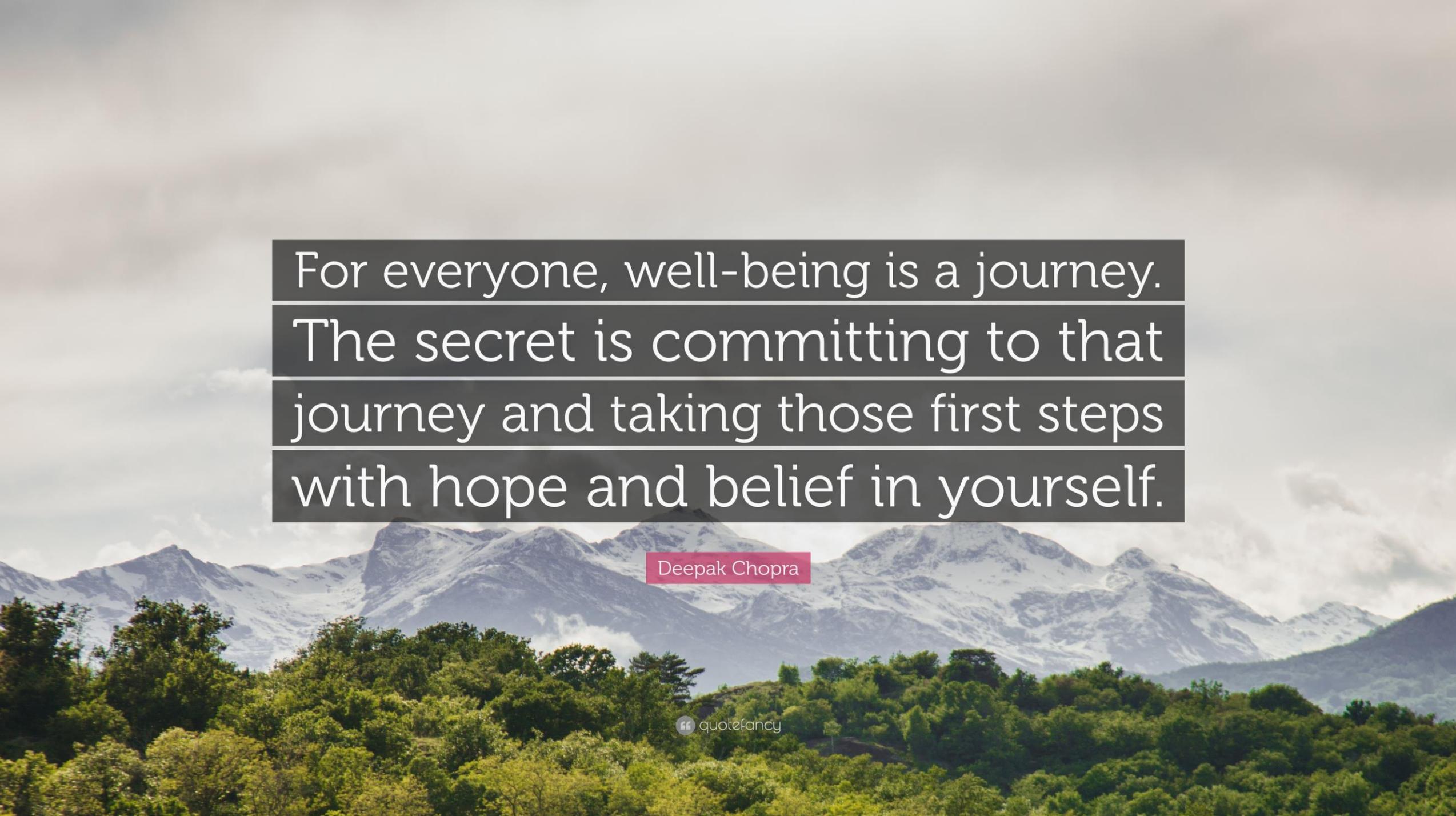
have an
Attitude
of
GRATITUDE

Thomas S. Monson.



Solution focused approach





For everyone, well-being is a journey.
The secret is committing to that
journey and taking those first steps
with hope and belief in yourself.

Deepak Chopra

A close-up photograph of two hands, palms up, holding a small, rectangular piece of white paper with deckled edges. The paper is centered between the fingers and has the words "THANK YOU" printed on it in a bold, dark brown, sans-serif font. The background is a solid, dark color, making the hands and the paper stand out. The lighting is soft, highlighting the texture of the skin and the paper.

THANK YOU