



# LOOKING AFTER YOUR WELLBEING

KATH CHEER




## Learning Outcomes

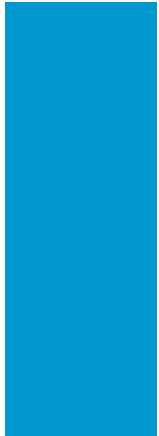
- What is mental health?
- Understanding stress
- Tools for managing stress
- Greater Understanding of the Charity for Civil Servants

Our vision is a lifelong  
community of people  
offering effective support  
for each other when life  
takes a turn for the worse.

# What does the term ‘mental health’ mean to you?

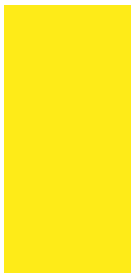


Mental health influences how we think and feel about ourselves and others and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events



# What is stress?

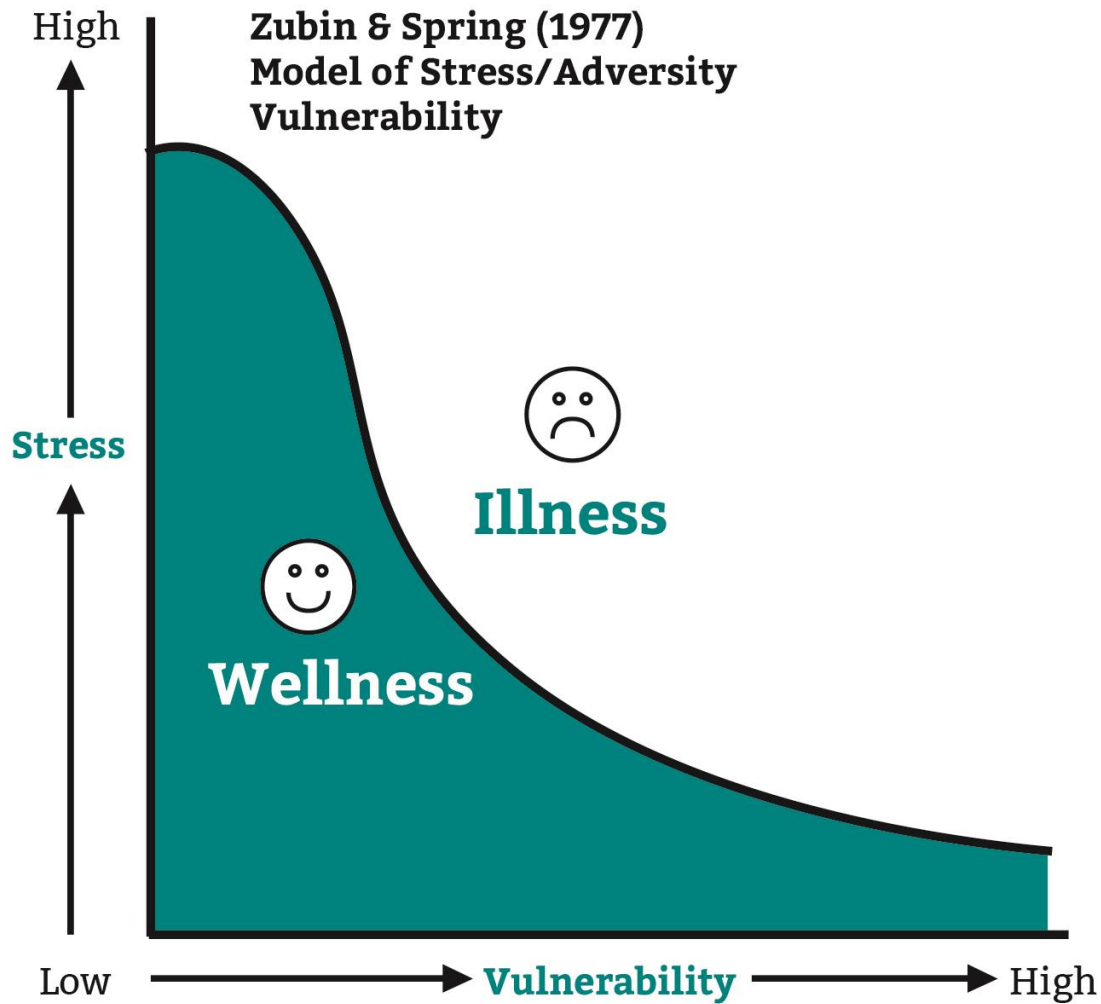
- A feeling of being under too much mental or emotional pressure
- Pressure turns to stress when we feel unable to cope
- Stress can affect how you feel, think and behave and how your body works
- Stress is not an illness but it can cause illness and certainly affect wellbeing if it is not addressed




# Some symptoms of stress

- Feeling ... overwhelmed, irritable, anxious or scared, no self-esteem
- Thinking ... racing thoughts, worrying, can't concentrate or make decisions
- Physical ... Headaches, muscle aches, dizziness, sleep problems, feeling tired
- Behaviour ... drinking or smoking more, snapping, avoiding difficulties

# Stress Vulnerability Model

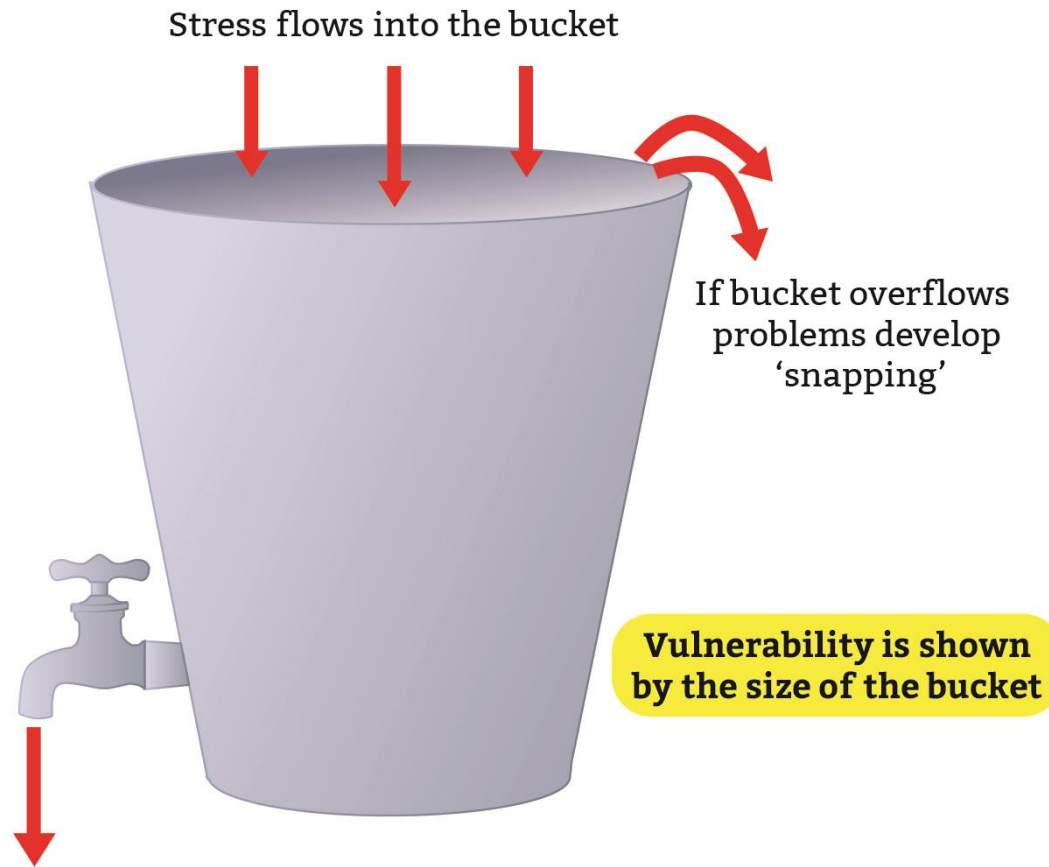


# Workplace Stress

- Workload
  - Role uncertainty
  - Lack of control
  - Support
  - Relationships
  - Change
- 




# The Stress Bucket



**Good coping** = tap working let the stress out  
**Bad coping** = tap not working so water fills the bucket

# Tips for managing stress?

- Don't keep things to yourself tell someone about it
  - Keep active
  - Eat well
  - Beware alcohol
  - Get enough sleep
  - Try to work out what causes your stress
  - Try to make a plan for the things you can change
  - Accept the things you can't change
  - Be positive and stay hopeful
  - Use supports that are available – GP, online, EAP, line manager, HR, OH, Charity for Civil Servants
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# Website resources

- Wellbeing Hub
- Dog Bot
- Stress Test
- Live chat with a qualified relationship counsellor
- Law Express app
- And more.....

# Five ways to wellbeing

1. Connect
2. Be Active
3. Take Notice
4. Keep Learning
5. Give

# Wellbeing Plan

**What am I like on a good day?**

**What should I do to maintain good wellbeing?**

**What happens when things start to slip or I get stressed?**

**What are the things that I can do when this happens?**

**Things I would like to do more of or try out to maintain my wellbeing**

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## What do we offer for individuals?

Supportive conversation

Assistance when deciding where to go for the best advice, information & practical help

A route to specialist charities and services where appropriate

Help for managers in supporting those who need it

Partner organisations:

Anxiety UK

Relate / Relate NI / Relationships Scotland

National Autistic Society

Law Express

## We do not offer:

Mental health treatment, medication advice or interventions  
Mental health counsellors  
Guaranteed solutions to all problems  
Replacement services

# Other services

- Financial assistance
- Money Advice
- Caring



Find out more about how we can help  
and ways to get involved...

[www.foryoubyyou.org.uk](http://www.foryoubyyou.org.uk)

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