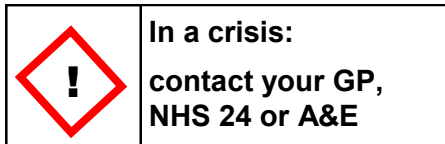


## Tips for Mental Wellbeing

- talk to friends & family
- actively relax every day
- eat a balanced diet
- stick to a sleep routine
- do enjoyable things
- actively engage with work
- stay physically active
- avoid alcohol & drugs
- try some self-guided therapy
- think about your work-life balance
- write down your most pressing worries & plan how you will tackle them with support



### References

[www.hse.gov.uk/stress](http://www.hse.gov.uk/stress)

[www.hse.gov.uk/statistics](http://www.hse.gov.uk/statistics): Work-related

Stress, Depression or Anxiety Statistics in Great Britain (2017).

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk): Feeling Stressed (2015).

## Useful Resources

### To talk to someone:

- Samaritans (116 123)
- Breathing Space (0800 838587)
- Edinburgh Crisis Centre (0808 8010414)

### To try self-guided therapy & relaxation:

- <http://www.moodjuice.scot.nhs.uk>
- Living Life to the Full:  
<https://littf.com>
- NHS Choices Moodzone:  
<https://www.nhs.uk/conditions/stress-anxiety-depression>
- Feeling Good App: download free from the App Store or Google play.

### Other resources:

- RCN Counselling & Support  
[www.rcn.org.uk](http://www.rcn.org.uk)
- BMA Counselling & Advice  
0330 123 1245
- Support in Mind Scotland  
[www.supportmindscotland.org.uk](http://www.supportmindscotland.org.uk)



## Wellbeing when off Work

- This leaflet is for anyone off work for reasons related to common mental health problems.
- It explains what to expect when you are off, what your responsibilities are during this time and what to expect when you return.
- The leaflet also contains general information, some tips to get back on track and some helpful resources.

**Stress** occurs when the demands of life exceed your perceived ability to cope. It is not a mental illness, but a normal response to pressure. If stress is persistent, it can increase the risk of developing common mental illnesses, like anxiety or depression. It can be difficult to talk about.

In **healthcare** stress can arise from:

- the emotional demands of caring for others
- a heavy workload
- gaps in the rota
- the risk of violence & aggression
- unsociable working hours
- interpersonal conflict
- changes at work
- trying to keep up to date with knowledge & policy
- your personal life

Being off work as a result of stress, anxiety or depression is really common: **49%** of working days lost due to work-related ill health in the UK are the result of these problems according to the Labour Force Survey, 2016-17.

## What to expect now

- Early, supportive contact from your line manager in order to agree the frequency & method of further communication.
- A discussion about what you would like to share with colleagues (if anything).
- A return to work meeting.
- The **Occupational Health Service** can assess your fitness for work & give advice on possible adjustments to the workplace to facilitate your return. You can self-refer or be referred by your manager (0131 536 1135).
- There is a **Counselling Service** open to all NHS employees, which is self-referral (0131 536 1135).



## Did you know?

Under UK law your employer has a duty of care to protect the health, safety and welfare of all employees at work. They must assess the risks arising from hazards at work including the risk of work-related stress. One way of approaching this is to complete a workplace **team or individual stress risk assessment** with your manager on your return to work. Details can be found in the NHS Lothian *Dealing Positively with Stress* Policy. Collaboratively, you can discuss potential solutions or action points.

## What you should do now

- Keep in contact with your manager.
- Inform your manager if there are any work-related factors you think are contributing to your symptoms.
- If the problem concerns your line manager, you can talk to your Trade Union Representative or Employee Relations.
- Consider sharing information with work about appropriate action to take, should you experience symptoms at work in the future.