



Webinar

Reduce stress and thrive while working from home



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When the pressure is on

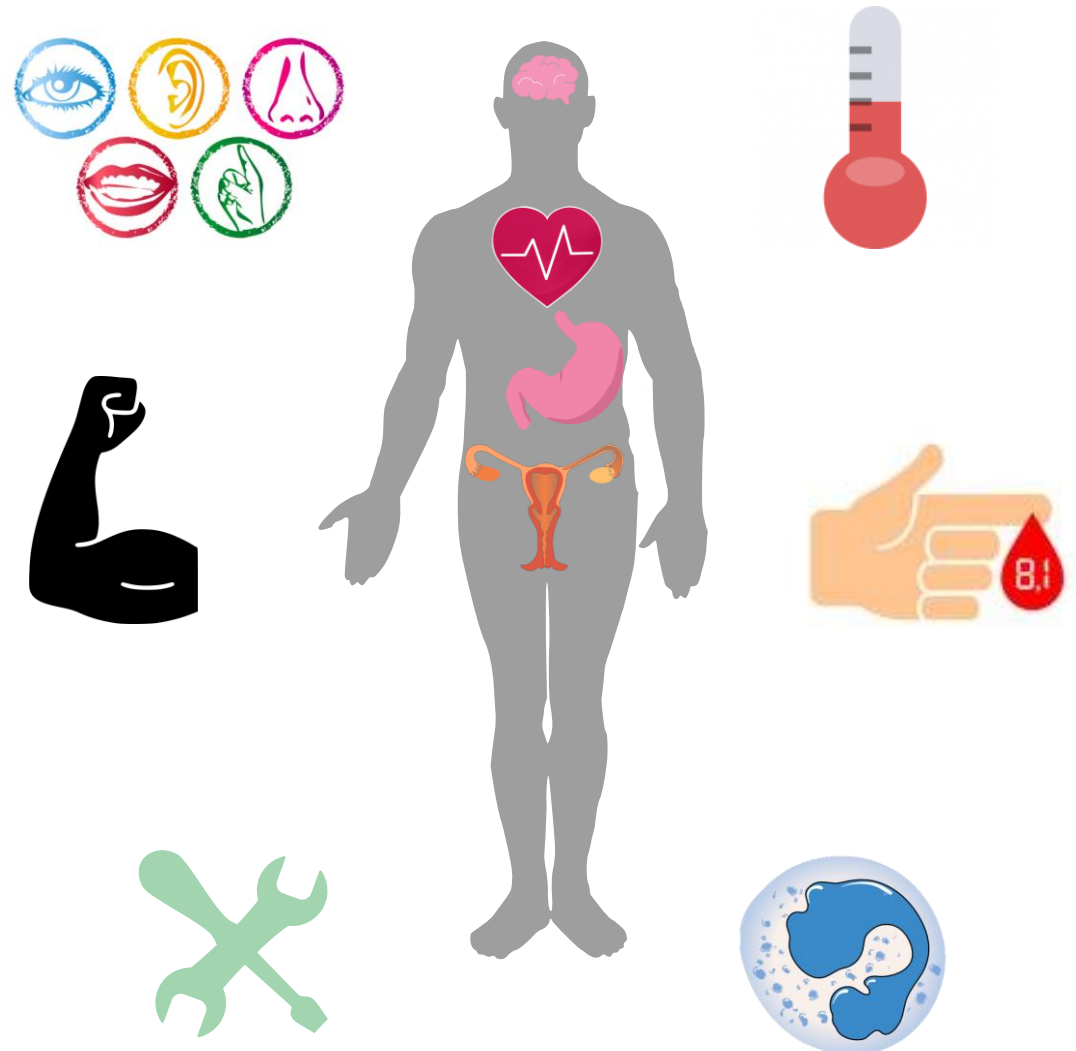
Stress is our body's response to something we perceive as danger. Many different situations or life events can cause us stress. Common risk factors include:

- Physical: late nights, poor diet, illness, drinking
- Environmental: unemployment, losing house
- Emotional: conflict in relationships, poor mental health
- Acute life events: bereavements, pregnancy, marriage



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Fight or flight?



Poll: Is stress good for us?

- Mild stress impairs our ability to keep our cool
- Promotes illnesses and diseases
- Affects for love life
- Wears your teeth thin
- Physically damages for heart muscle
- Makes us eat, drink and smoke more
- Contributes to premature aging
- Weakens immune system
- Leads to long-term disability
- Increases risk of poor mental health





Reduce stress and thrive



1. Change your mindset: stress is not good for us and should not be ignored, dismissed or encouraged

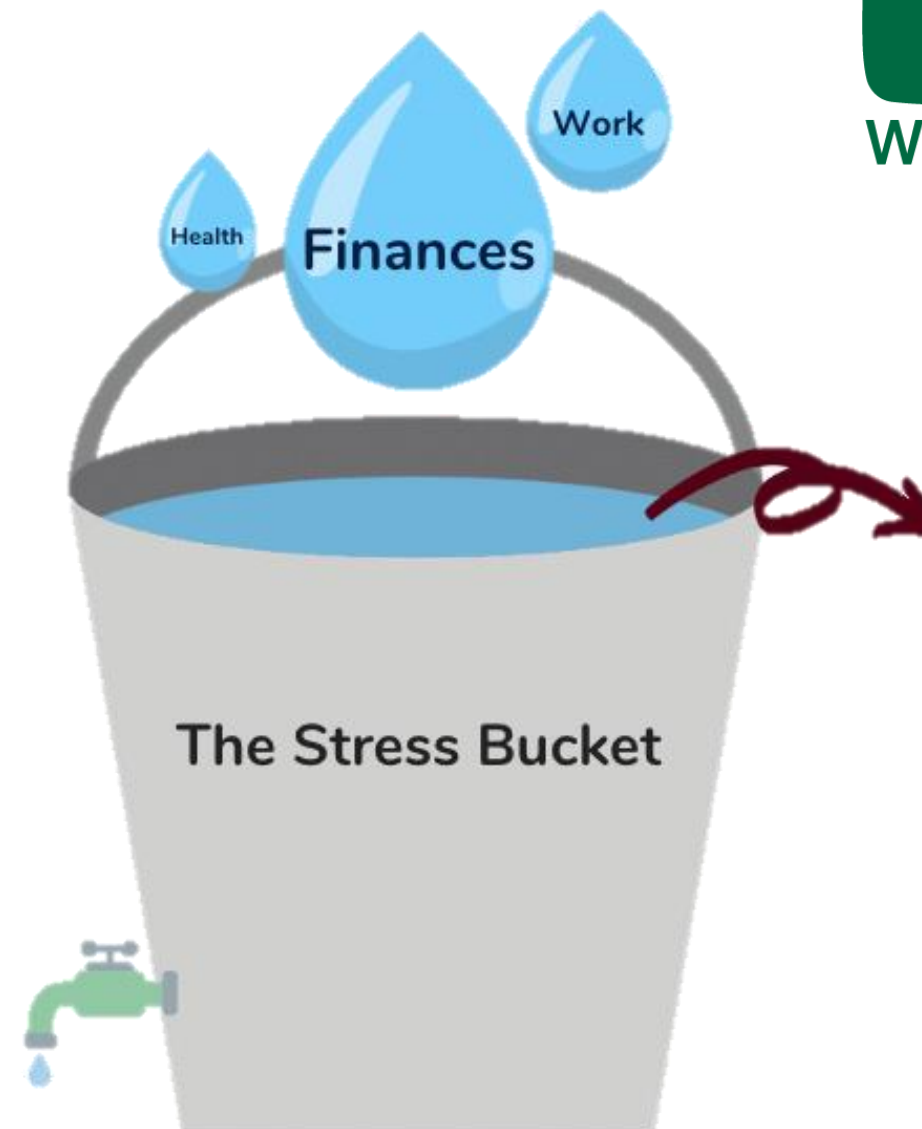
The Stress Bucket

74% of adults have felt so stressed at some point they felt overwhelmed or unable to cope (Mental Health Foundation, 2018).

Over 11 million working days are lost each year due to work-related stress (HSE, 2020).

The most stressful factor in people's lives is work (34%), debt and financial problems (30%) or health (18%).

1 in 5 take a day off sick because of stress, but 90% cite a different reason for their absence.





Reduce stress and thrive



1. Change your mindset: stress is not good for us and should not be ignored, dismissed or encouraged
2. Recognise your stressors and consider how to address them; get support wherever you can

A plea for self-care

Self-care is a conscious act one takes to enhance our wellbeing. We're consciously promoting our physical, mental, social, spiritual and emotional health (Dorociak et al., 2017).

“You can't pour from an empty cup”



Helpful coping strategies

- Recognising our stress
- Manage stressors
- **Exercise**
- Supportive relationships
- Eat healthily
- Cut down/out smoking and drinking
- Take time out
- Mindfulness
- Sleep
- Routine
- Environment
- Support from your employer
- Music
- Reading
- Water
- Saying NO
- Drink tea
- Create lists
- Hot bath/shower
- Creativity
- Prayer
- Spend time in nature
- Pets
- Engage in hobbies
- Journal
- Get professional help



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2. Recognise your stressors and consider how to address them; get support wherever you can
3. Consider how you can support your own health and wellbeing by engaging regularly in self-care strategies

Stopping your stress bucket from overflowing at home

1. Keep routine
2. Maintain a 'WFH' office
3. Stay connected
4. Set boundaries
5. Wellbeing Action Plans





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2. Recognise your stressors and consider how to address them; get support wherever you can
3. Consider how you can support your own health and wellbeing by engaging regularly in self-care strategies
4. Get into good habits working from home and work out what is best for you using a Wellness Action Plan

10 ways to reduce stress in and out of the workplace

Prioritise and organise

Communicate

Reward achievements

Be realistic

Clear expectations, roles and responsibilities

Be flexible

Value wellbeing

Take time off/lunch breaks

Work-life balance

Speak to a Mental Health First Aider/HR

What is MHFA?



- The primary assistance given to someone experiencing poor mental health
- They are NOT counsellors nor there to replace professional help. They can signpost to effective services and help you understand what support is available to you and how to promote your own wellbeing
- MHFA is an excellent supportive strategy that should always be used **in addition** to other supportive strategies



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2. Recognise your stressors and consider how to address them; get support wherever you can
3. Consider how you can support your own health and wellbeing by engaging regularly in self-care strategies
4. Get into good habits working from home and work out what is best for you using a Wellness Action Plan
5. Create a wellbeing strategy at work, designed to prevent poor mental health and promote good wellbeing through training, MHFA, policy and regular evaluation



Questions?



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