

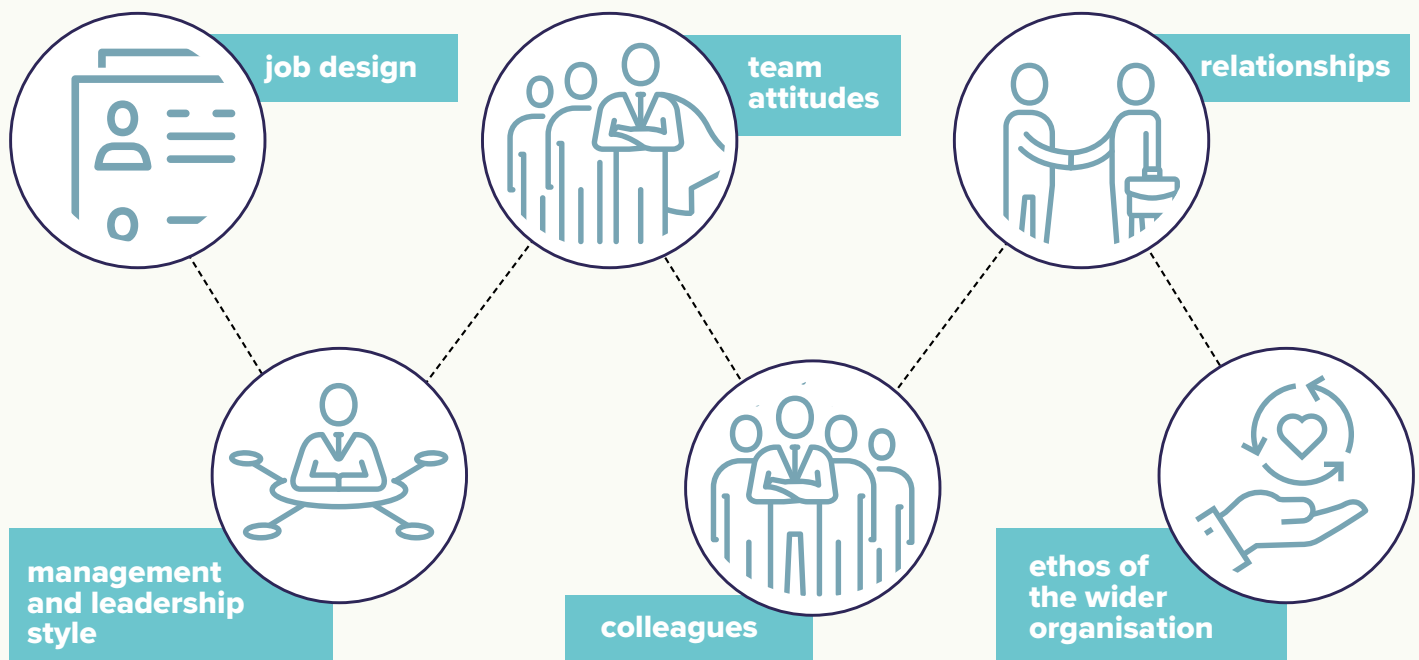
# UNDERSTANDING PSYCHOLOGICAL WELLBEING AT WORK



Wellbeing is the achievement of satisfaction in absence of sustained distress, with a sense of control, meaning, and purpose, and the ability to maintain good relationships.

Psychological wellbeing in the workplace is multi-faceted and influenced by individual differences (such as personality and coping style) but also work factors such as:

## Work factors that can influence Psychological wellbeing

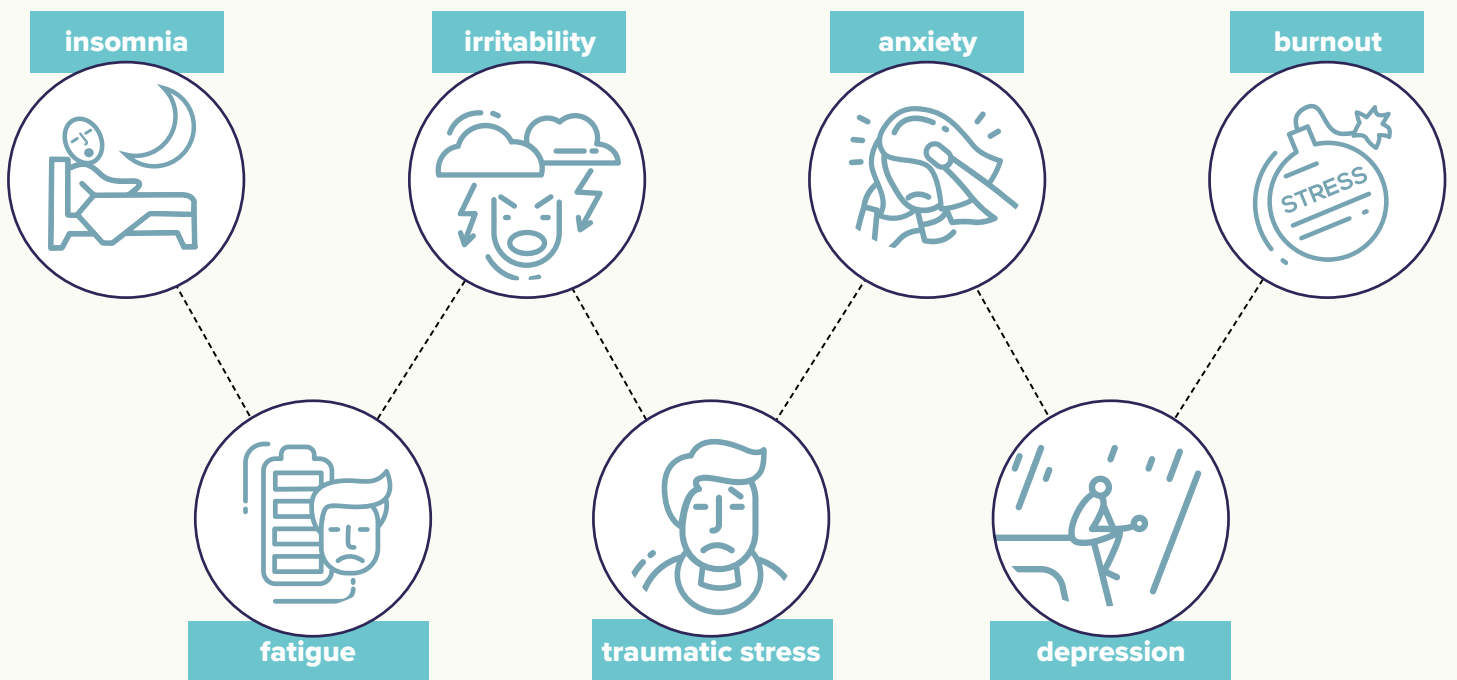


**How are the above factors within your critical care unit?  
Positive changes in any of the areas can result in better psychological wellbeing for all of the team.**

# IMPACT OF REDUCED WELLBEING

Psychological stress is defined as demands exceeding resources. Small amounts of stress may be perceived as challenging and motivating, however sustained and excessive stress may lead to psychological distress such as feeling pressured and being overwhelmed.

## Extreme stress can result in



We all have a **limited capacity** - stresses at home make it harder to manage stresses at work, and vice versa.

If you are experiencing any of the above consider talking to your line manager or someone you trust about the impact of your work.

You may want a referral to your local employee wellbeing service.