

FIT FOR WORK MENTAL HEALTH

Mental Health is defined by WHO as a state of well-being in which the individual:

- realises his/her own abilities
- is able to cope with normal stresses of life
- is able to work productively and fruitfully
- emotional issues such as stress, anxiety and is able to make a contribution to his/her community.

Mental Health is very important as it affects how we think, feel and act as we cope with our life from childhood and adolescence through to adulthood and aging.

It also helps determine how we handle stress, relate to others and make the right choices.

Good mental health is characterised by a person's ability to fulfil a number of key functions and activities including:

- the ability to learn
- the ability to feel
- the ability to express and manage a range of positive and negative emotions
- the ability to form and maintain good relationships with others.

WHY ARE WE TALKING ABOUT MENTAL HEALTH?

Many countries throughout the world, including PNG, have experienced so much destruction from the Covid-19 infection. It has really affected our mental capacity to adapt and adjust to the new normal protocols and adhere with the changes occurring all around us.

WHAT TO LOOK FOR?

The following MAY indicate a mental health issue. Changes in a person's:

- general appearance (posture, dressing, hygiene)
- general behaviour (attitude to others, eye contact)
- mood (nervous, suspicious, sad)
- speech (rate, tone, volume)
- cognitive functions (knowing where they are, time, date, memory, attention span)
- judgement and awareness of their condition/state.



WHAT CAN WE DO?

It is well known that most employees do not feel comfortable speaking about low mental health, especially here in PNG. People develop the mindset that when individuals seek mental health assistance, they assume that the person is mentally ill.

This is NOT the case!

Mental health issues are something that can affect all of us at some time.

Be part of the solution.

- Communicate regularly with your work mates about health and well being and mental health support.
- Take part in, and encourage others to take part in activities that encourage physical, mental, social and spiritual wellbeing.
- Help to raise awareness of mental health and work towards a culture where it is acceptable to talk about and seek support for poor mental health.

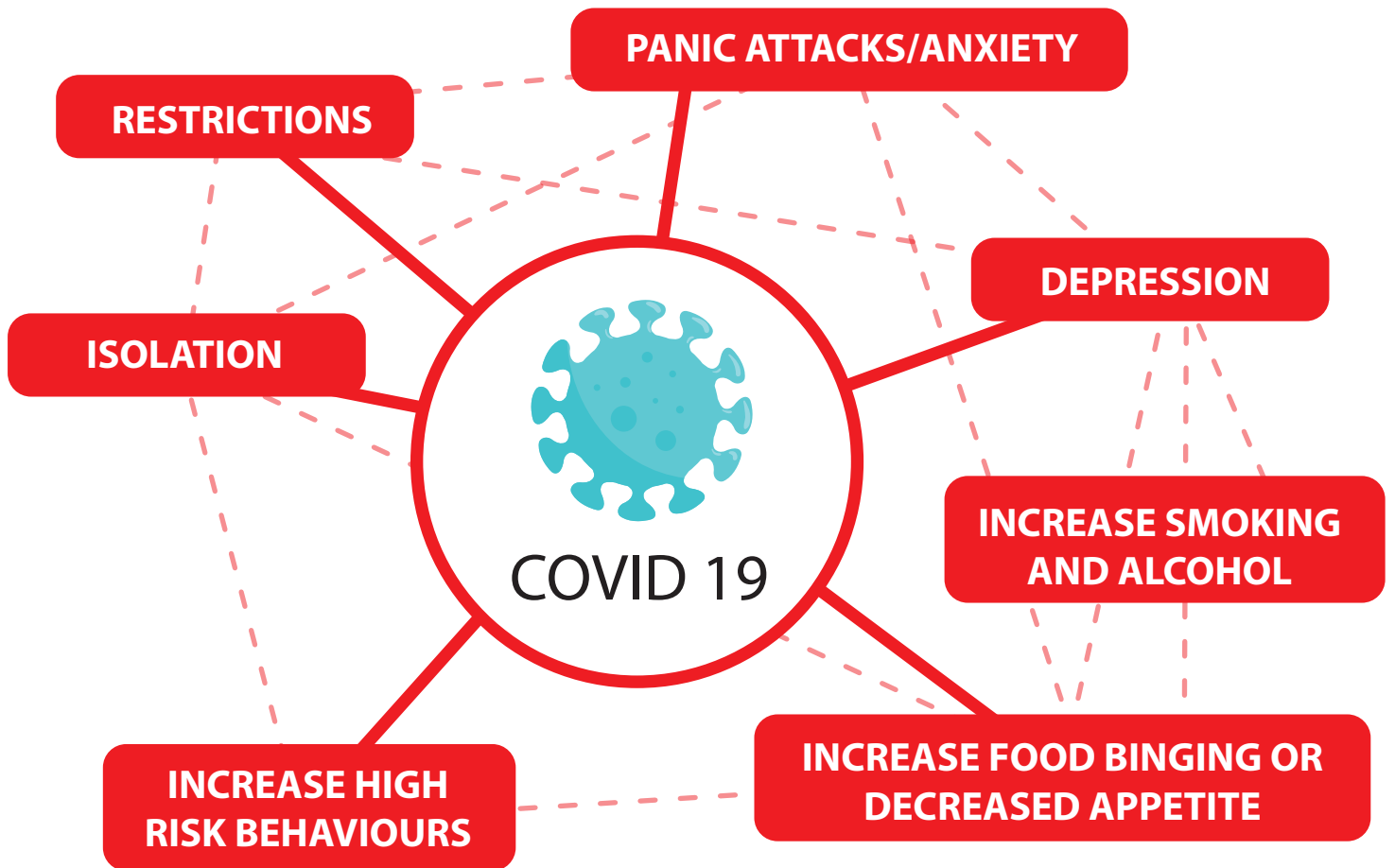
CHECK YOUR MENTAL HEALTH

DO YOU FEEL OR EXPERIENCE:

- Disturbed sleep or decreased need for sleep
- Nervous/panic attacks and have unknown fears
- Feel sick when you know you are alright
- Loose concentration or have poor concentration
- Increased risk behaviours (addictions, habits)
- Increased absenteeism from work
- Suddenly sad or anxious or crying spells
- Tired and drained out the whole day
- Difficulty in maintaining relationships
- Depressed mood, unable to enjoy activities
- Change in libido (sex drive)
- Loss of interest in activities you liked before
- Excessive energy
- Increased irritability
- Forgetfulness
- Change in appetite (increase or decrease)
- Excessive worry, over thinking, feelings of guilt
- Fatigue
- Isolation
- Hallucinations
- Impulsiveness
- Suspiciousness
- Suicidal or homicidal thoughts.



If you feel or experience any of these symptoms, contact the EHW medical team - they are here to help:



**BREAK THE CYCLE
TALK TO SOMEONE AS SOON AS YOU FEEL
ANXIOUS OR START TO FEEL DEPRESSED!**

**Do activities to help physical,
mental, social
and spiritual wellbeing**

