



The Health and Safety Executive provides guidance on both physical and mental health at work. It analysed triggers at work that cause stress and identified the 6 top areas outlined below.

+How are you coping in these areas?

1 = not coping well
10 = coping very well

Mental Wheel of Fortune

RELATIONSHIPS

How do you get on and work together with colleagues?

SUPPORT

How much encouragement are you given by colleagues, managers and the organisation as a whole?

CONTROL

How much are you able to decide on what you do?

CHANGE

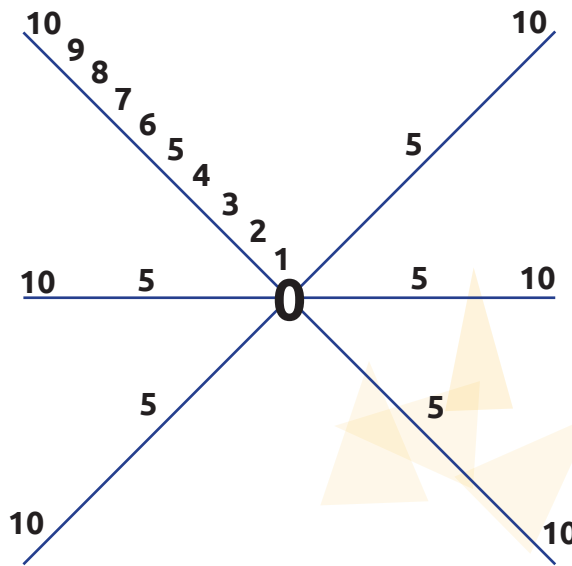
How do you handle change?

DEMANDS

How manageable do you find the workload?

ROLE

How clear are you about what you are expected to deliver?



Get engaged!

www.headtorch.org