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