HOW'S YOUR DAY GOING?

- Too much to do?
- Too many tight deadlines?
- Need help or support?

Struggling to cope with your workload?



THESE ISSUES CAN LEAD TO STRESS AND ILL HEALTH





HOW'S YOUR DAY GOING?

- Need more training?
- Struggling with parts of your job?
- Need more support?

Do you need more training to get your job done?



THESE ISSUES CAN LEAD TO STRESS AND ILL HEALTH





HOW'S YOUR DAY GOING?

- Struggling to cope with the work?
- Need help or support?
- Need to talk to someone?

Need more support to get your job done?



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HOW'S YOUR DAY GOING?

Problems within the team?

- Are you being bullied, harassed or facing discrimination?
- Is there friction in your team?

 Does your manager give supportive



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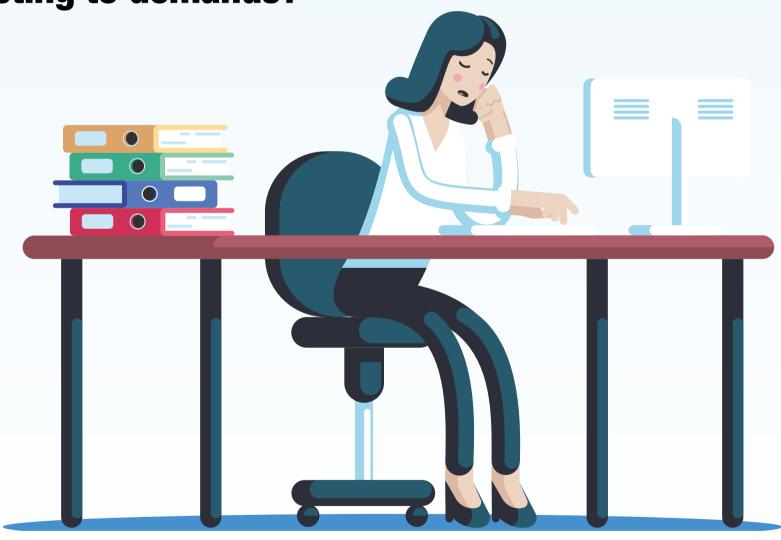




HOW'S YOUR DAY GOING?

- Is your job flexible?
- Can you make choices about what you do?
- Is your job all about reacting to demands?

Lack of control over your job?



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HOW'S YOUR DAY GOING?

- Are you consulted about changes in your team?
- Can you have input into changes before they happen?
- Are you told the reason for change?

Is change managed well in the organisation?



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