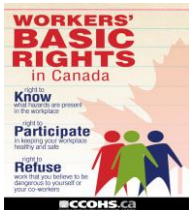


# NU Monthly Safety Newsletter

May 2023

## Rights of workers

1. The right to know about health and safety matters.
2. The right to participate in decisions that could affect their health and safety.
3. The right to refuse work that could affect their health and safety and that of others.



## Ways to improve mental health at work:

- Begin your day with mindfulness.
- Adopt a healthy eating pattern.
- Physical activity.
- Positive experiences and mindset.
- Access to supportive resources.
- Learn something new.
- Recognize your triggers.
- Use a break.
- Start a gratitude culture.

### HOW TO STAY MENTALLY HEALTHY AT WORK

- GO HOME ON TIME
- TAKE A LUNCH BREAK
- SET REALISTIC DEADLINES
- TAKE YOUR HOLIDAY LEAVE
- ALLOCATE TIME TO DO THE THINGS YOU ENJOY

beyondblue

## Risk of Mental health at work:

- Under-use of skills.
- Excessive workloads or pace.
- Conflicting home and work demand.
- Unclear job role.

### Stress

**Body**

- Fatigue
- Headaches
- Taut Muscles
- Skin Irritations
- Frequent Infections
- Constricted Breathing

**Mind**

- Worrying
- Indecision
- Negativity
- Foggy Thinking
- Hasty Decisions
- Impaired Judgement

**Emotions**

- Loss of Confidence
- Apprehension
- Indifference
- Depression
- Irritability
- Insomnia

**Behavior**

- Substance Abuse
- Loss of Appetite
- Accident Prone
- Restlessness
- Loneliness
- Insomnia