

HEALTH AWARENESS: MENTAL HEALTH



DATE: _____ FILE NUMBER: _____ DISCUSSION FACILITATED BY: _____
(IF APPLICABLE)

Use this Crew Talk to lead and document a worksite conversation on mental health in forestry workers, and how to encourage the use of strategies for coping with stress in a positive way.

KEY POINTS:

- Almost everyone struggles with some kind of mental health challenge at some point in their lives. Learning and using positive stress management strategies can help to maintain good relationships and keep our focus on the task at hand when at work.
- Matching the volume of work and the skills required to realistic expectations can lower workplace stress. Likewise, respectful workplace relationships are also important for good worksite mental health.
- Uncertainty and lack of control, previous trauma, and loneliness can make it difficult to cope with the challenges that life inevitably throws at us.
- Mental health is a complex issue that is still surrounded by stigma. Access to appropriate support is important.
- If you find yourself quick to anger, or constantly feeling overwhelmed, hopeless, sad or afraid, reach out to someone you trust, and/or contact one of the resources listed below. Likewise, if you see these emotions or erratic behavior in a co-worker, reach out to them or notify a supervisor so that they can provide appropriate resources.

DISCUSSION LEADS:

- Name one item that causes stress for you at work. Try to think of one small thing that could be realistically changed that would improve the situation.
 - When the amount of work that needs to be done is mis-matched with the capacity and skill of the person doing it, workplace stress is increased. It may not be realistic to change work hours, job compensation or the entire task that needs to be accomplished but, listening to the concerns raised and brainstorming about solutions can help to lower the stress arising from the situation. Sometimes new ideas for even small changes can make a real difference.
 - Suggest a way to improve communication between management and employees about these concerns.
- Take a moment to consider something that causes stress in your life. What emotions do you feel when you think about this stressor?

- The next time that you feel these emotions stop and count to ten, or physically remove yourself from the situation, before acting. Separating the emotion from the action can give you space to consider whether your response is directed at solving the problem or if your reaction is coming from something else
- Name one thing in your life that you are grateful for or one situation where a difficult time made some other aspect of life better, for example a family death brought you closer to another family member or an injury brought new support people into your life.
 - One characteristic of resilient people is that they are able to see some goodness in life, no matter how difficult.
 - Taking a moment to consider something good in your life creates positive feelings, which can make you feel better about other things in your life and breaks the cycle of negative emotions
 - Tell a joke - notice how humor and laughter immediately brightens your outlook

RESOURCES:

Mental Health Resource Package
bcforestsafesafe.org/3435

Canada Mental Health and Substance Abuse Support Mental Health Wellness Toolkit
ca.portal.gs/

Free program from the Canadian Mental Health Association for people with anxiety and depression.
www.mindhealthbc.ca/bounceback

Easy to understand information for people struggling with mental health or for those who are trying to support someone who is struggling
www.heretohelp.bc.ca/

DOCUMENTATION: I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND COMMIT TO FOLLOWING BEST PRACTICES FOR POSITIVE MENTAL HEALTH AND RESILIENCY:

PRINT NAME:

SIGNATURE:

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