

EDUCATIONAL SEMINAR
Occupational health & safety
for foreign female workers

Mental health at work



**HRVATSKI ZAVOD
ZA JAVNO ZDRAVSTVO**

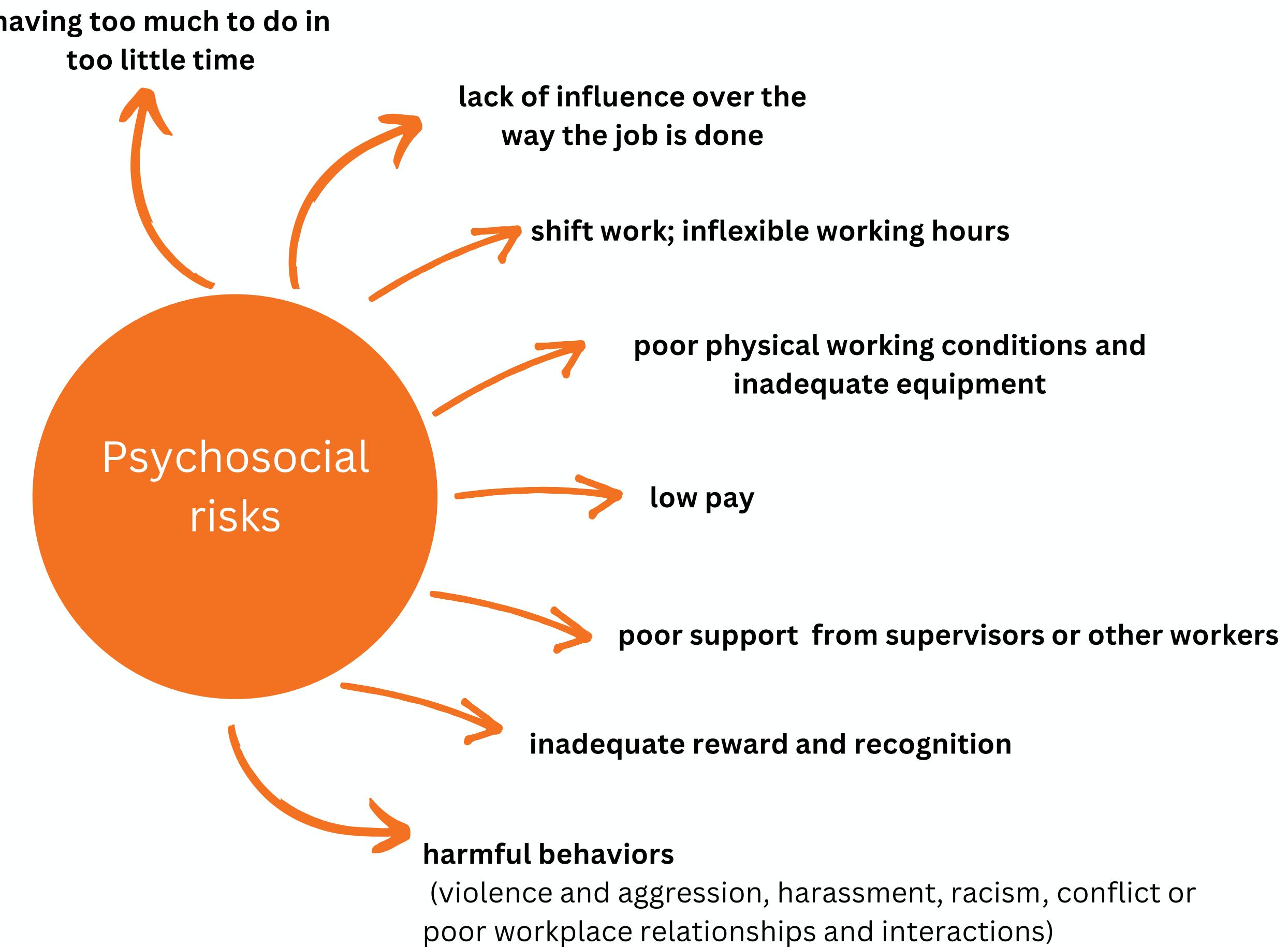
Overview

1. Psychosocial risks
2. Work-related stress
3. Symptoms of stress
4. Tools for coping

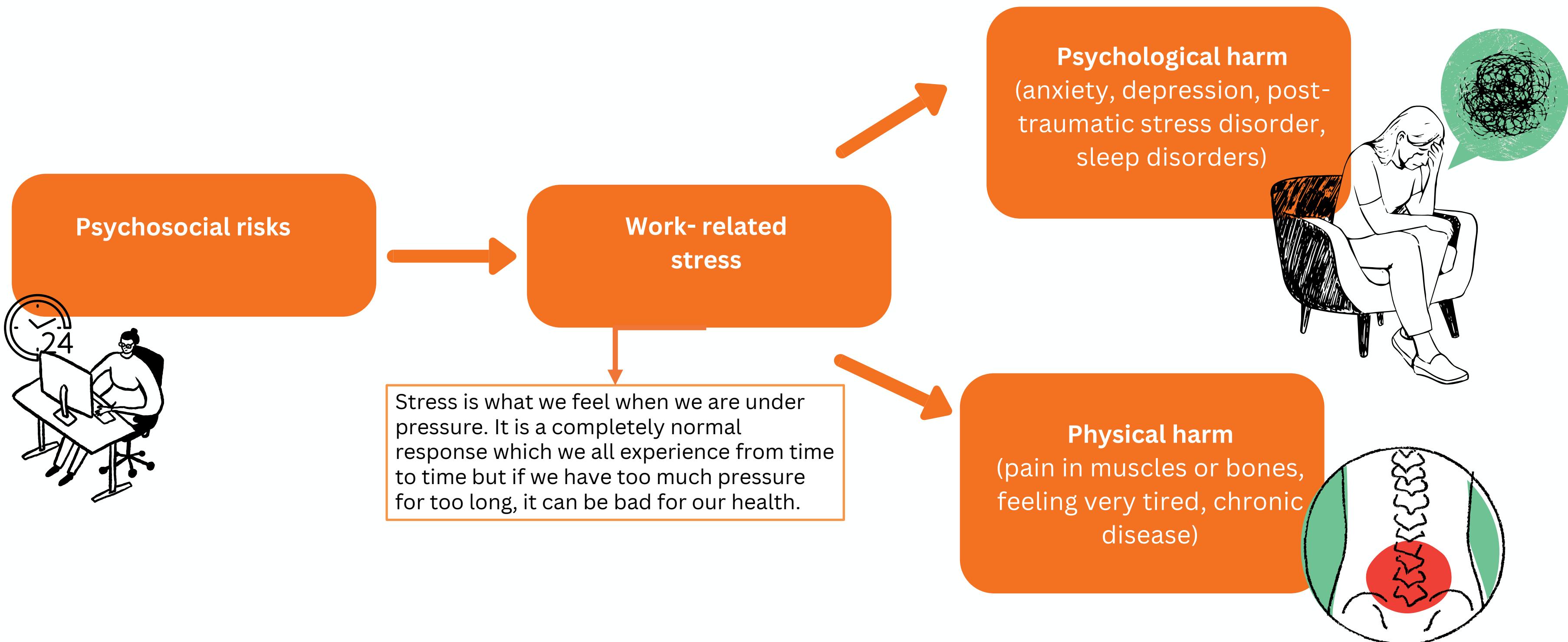


Psychosocial risks

Factors in the work environment that can harm a person's mental health.



Work-related stress



Symptoms of stress



PHYSICAL

- rapid heartbeat and breathing
- changes in blood pressure
- excessive sweating
- headache
- dry mouth

COGNITIVE

- forgetfulness
- difficulty concentrating
- worries about the future
- obsession with the situation
- trouble making decisions

EMOTIONAL

- worry
- fear
- irritability
- sadness
- anger

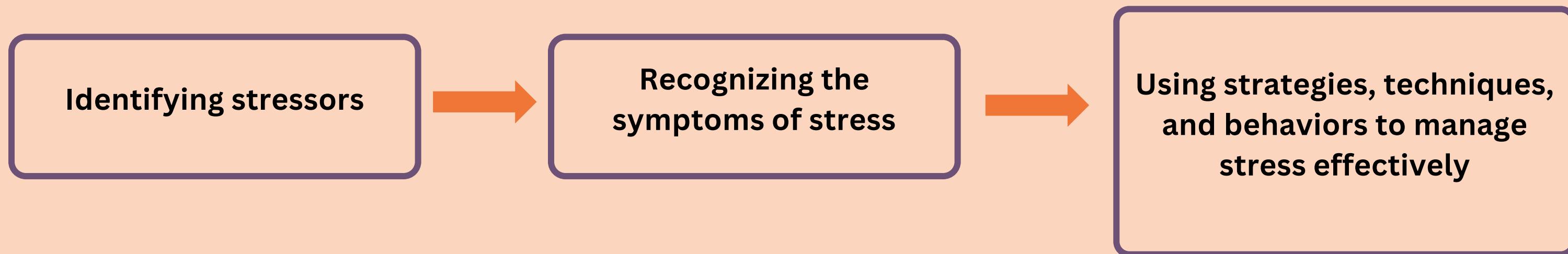
BEHAVIORAL

- crying
- neglecting responsibilities
- alcohol consumption or smoking
- increased or decreased appetite
- aggressive behavior, conflicts with colleagues
- slowness in completing tasks

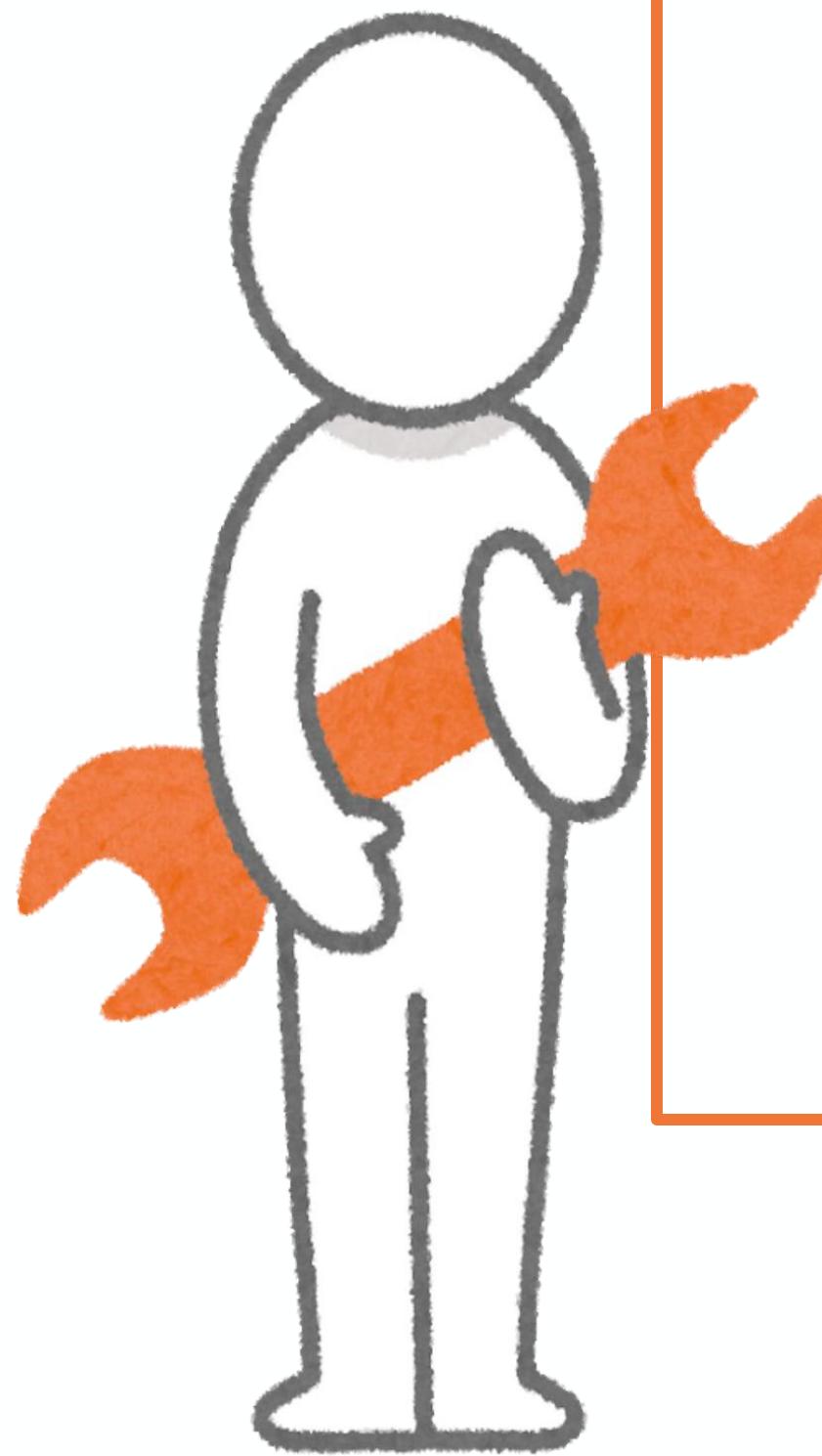
How can we adjust and cope more effectively with stressful events?

- Stress is an integral part of life; we can't always avoid it, but we can manage it effectively.

Effective stress management involves



Tools for coping





Realistic thoughts

Our perception of stress is something we can control.

Changing the way we think about it will affect how we feel about it.

Stress mindset: Frame stress as a challenge rather than a threat.



Self-care

How do you relax?

What do you need right now? Where do you get your energy?

- ✓ **Dedicate 30 minutes daily to activities that help you relax (such as reading, cycling, or relaxation exercises).**
- ✓ **When we relax, we send a signal to our minds that we are safe, which reduces the perception of stress.**



Physical activity and health habits

Ensure you get enough sleep (7-9 hours)!

Eat a balanced diet.

Stay physically active.

Mental health benefits of exercise:

- ✓ decreases stress hormones
- ✓ distracts from negative thoughts
- ✓ mood boost
- ✓ improved confidence





Social support

What are you doing to nurture your relationships?

Social support and connection is biggest protective factor for facing stress.

It refers to the emotional, informational, and practical assistance people receive from their family, friends, colleagues, and broader social networks.

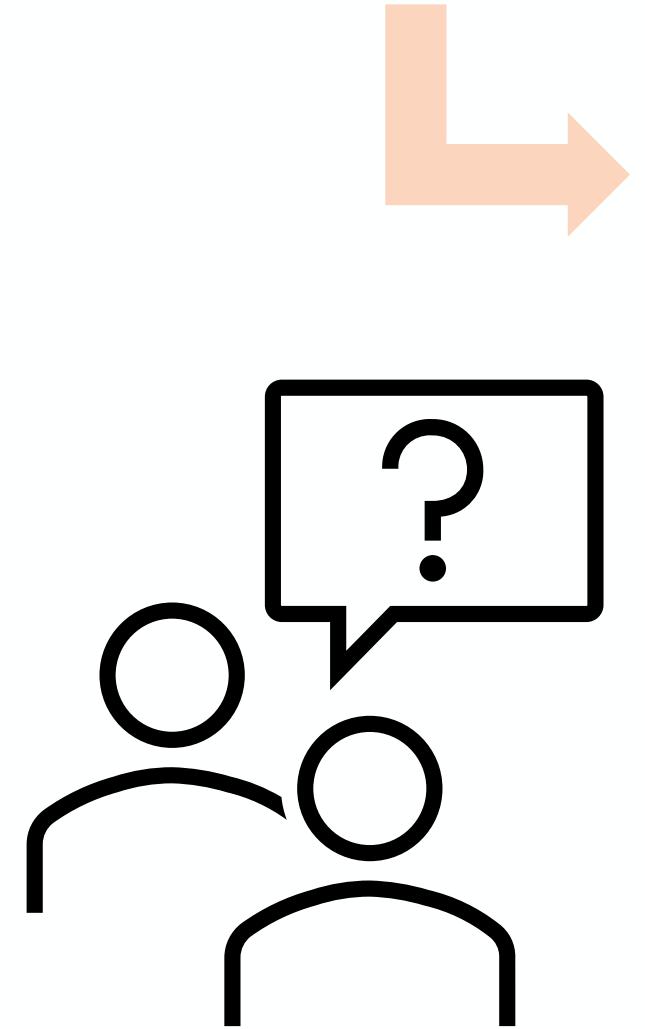
When a person is under stress, support from others can significantly reduce the negative impact stress has on mental and physical health.

Why?

- ✓ Simply knowing that someone is available to listen or understand one's feelings provides a sense of comfort and safety.
- ✓ Talking with others can offer new perspectives, practical advice, or alternative strategies for dealing with stressful situations.



Ask for help



when you experience persistent feelings of worry, sadness, or worthlessness, and these feelings interfere with your daily life, including sleep, work, or relationships.

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Thank you!