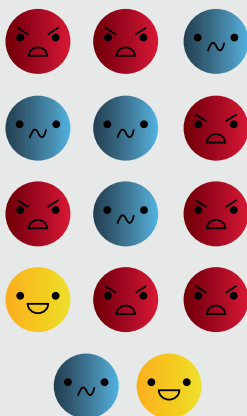


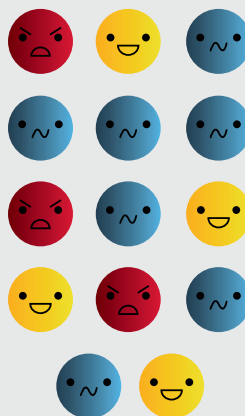
Good days and bad days

Emotional health isn't about having a good day every day, it is about having more good than bad and being able to recover from a bad day. In the last two weeks have you had?

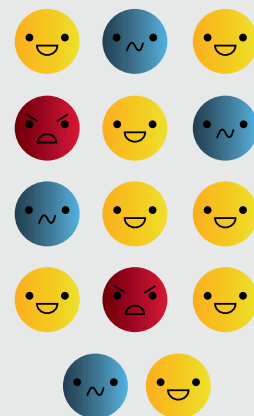
More bad days than good?



A balance between good and bad days?



More good days than bad?



What is driving your emotional health?

Research into emotional health in the NHS suggests it is mainly linked to three things:

- belief that you are making a difference
- level of workload
- work relationships.

It is important when you are having a good day to take time to reflect on what it is that is making you feel like this. We want to identify what we can do to help you maintain that feeling. Think about what it is that could be helping your wellbeing through each of these factors.

	Positives in this area	What could you do to enable this to happen more regularly
<p>You are making a difference Think about the extent to which:</p> <ul style="list-style-type: none"> - you you feel that what you are doing in your organisation fits with your idea of good care? - what you are asked to do is worthwhile and the impact and value you are having - you feel committed to achieving your goals. 		
<p>Level of workload Think about your:</p> <ul style="list-style-type: none"> - workload and deadlines - working hours and current balance with your home / personal life - job and the time you have to do this properly. 		
<p>Work relationships Think about the extent to which:</p> <ul style="list-style-type: none"> - you feel that you have good relationships with your manager / supervisor - you feel that you have good relationships with your colleagues / peers - you feel that you are being involved and have support in the workplace. 		

What can you do to keep this in a positive place?

Making a difference

Take advantage of times such as appraisal to discuss your role and collaborate on ways of working.

Take time to remember what it is you enjoy about work and why you took the job in the first place.

Focus on the positives in discussions and how this can be maintained.

Level of workload

Make time to prioritise – trying to do everything at once is impossible and will lead to stress and possibly mistakes.

Continue to speak up about how workload impacts on patient care and quality of work with your manager - work with them to generate solutions before they impact negatively.

Relationships with others

Talk to your colleagues about your feelings and experiences and participate in team activities ask.

Take the initiative to ask them how they are feeling, the more we talk about our emotions the more this improves the wellbeing of an organisation.

You know the answers better than anyone else

When thinking about your wellbeing, although it is helpful to get support and input from others, you are the person who knows what makes you happy and healthy. It is important for you to take the lead in generating ideas and solutions, around what can be influenced to maintain your emotional health.

The questions below may help you to think about what is in your power to influence.

- **The thing that is having the most positive impact on your emotional wellbeing or is likely to ensure you have a great day.**
- **What one thing could you change that would make the biggest impact on your wellbeing at work?**
- **What are you doing to connect with your colleagues? How can you continue to encourage this?**
- **In terms of workload, what suggestions would you make to your manager to maintain the balance you have?**
- **What have you done in the last month that made you feel proud at work? Is there a way to do that more often?**
- **What do you currently do to help yourself re-energise and recover when your energy is low? Is there anything you could do to build this in regularly?**
- **Do you ask for support and help from others? What could you do to make more of what is available to you?**