



K J Somaiya Medical College, Department of Psychiatry

World mental health week

All over the world 4th to 10th October is celebrated as Mental Health Week and 10th October as Mental Health Day. This is to increase the awareness about mental health in the community. Every year one topic is selected which is relevant to the present situation. This year topic was "Mental Health at the Work Place".

Keeping this in mind, the Psychiatry department of K. J. Somaiya Medical College organised various activities like essay competition for students, pamphlet distribution to staff and students attending hospital, survey about occupational stress among staff and lectures by clinical psychologists and psychiatrists.



Lecture by Sophia Peermohideen



Academic session conducted by Dr.H S Dhavale



English pamphlet release by Dean Dr. V A Sabnis



Hindi pamphlet release by Dr. H S Dhavale



Academic session conducted by Dr. Dhavale, Dr. Sophia and Dr. Borade



Pamphlet distribution

<p>Occupational stress may affect many employees. Increased workload, downsizing, overtime, hostile work environments, and shift-work are of the causes. It can affect one's health when the stressors of the workplace exceed the employee's ability to control their situation or to cope in other ways.</p> <p>FACTORS IN WORKPLACE LEADING TO STRESS</p> <ul style="list-style-type: none"> Excessive demands Poor Communication, coordination and cooperation Verbal or physical aggression, threats Role conflict or lack of role clarity Job insecurity Unfair distribution of work, rewards, promotions Poor work-life balance 	<p>EFFECTS OF OCCUPATIONAL STRESS</p> <p>STRESS</p> <ul style="list-style-type: none"> Absenteeism Decreased Productivity Workplace Accidents Conflicts with co-workers Disruptive and / or violent behavior <p>WARNING SIGNS</p> <ul style="list-style-type: none"> Constant feelings of sadness or discouragement Sleeping too much or not at all Withdrawing from colleagues Decline in work performance Increase in the use of caffeine, alcohol or drugs Emotional outbursts 	<p>PROMOTING MENTAL HEALTH</p> <p>A positive work environment preserves, protects and retains human resources, reduces mental trauma and promotes psychological wellbeing.</p> <p>ROLE OF EMPLOYEES</p> <ul style="list-style-type: none"> Be aware of the workplace environment Foster a healthy work-place culture Understand employees needs spread awareness about mental health Create support groups Make a counsellor available at the workplace <p>ROLE OF EMPLOYEES</p> <ul style="list-style-type: none"> Communicate with your colleagues about your professional or emotional concerns Seek help from appropriate professionals
--	---	--

Take home message

<p>TIPS TO REDUCE STRESS</p> <ul style="list-style-type: none"> Learn to say 'no'. Take on only as much work as you can manage Work hard but do not strive for perfection. Plan your work for the day Respect others' opinions View problems as opportunities Identify colleagues you can turn to for help. <p>TIPS FOR HEALTHY WORK / LIFE BALANCE</p> <ul style="list-style-type: none"> Finish work at workplace Get enough Sleep Exercise daily Pursue hobbies Take a vacation Spend Quality time with friends & family 	<p>PROFESSIONAL HELP</p> <ul style="list-style-type: none"> Psychiatrist Psychologist Counselor Psychiatric Social Worker <p>HAPPINESS IS</p> <p><i>...working with great people.</i></p> <p>Department of Psychiatry, K. J. Somaiya Medical College & Research Centre, Mumbai - 400022</p>	<p>WORLD MENTAL HEALTH WEEK OCTOBER 2017</p> <p>"MENTAL HEALTH IN THE WORKPLACE"</p> <p><i>"Coming together is a beginning ; Keeping together is a progress ; Working together is a success."</i> - Henry Ford</p>
---	--	--

Take home message