

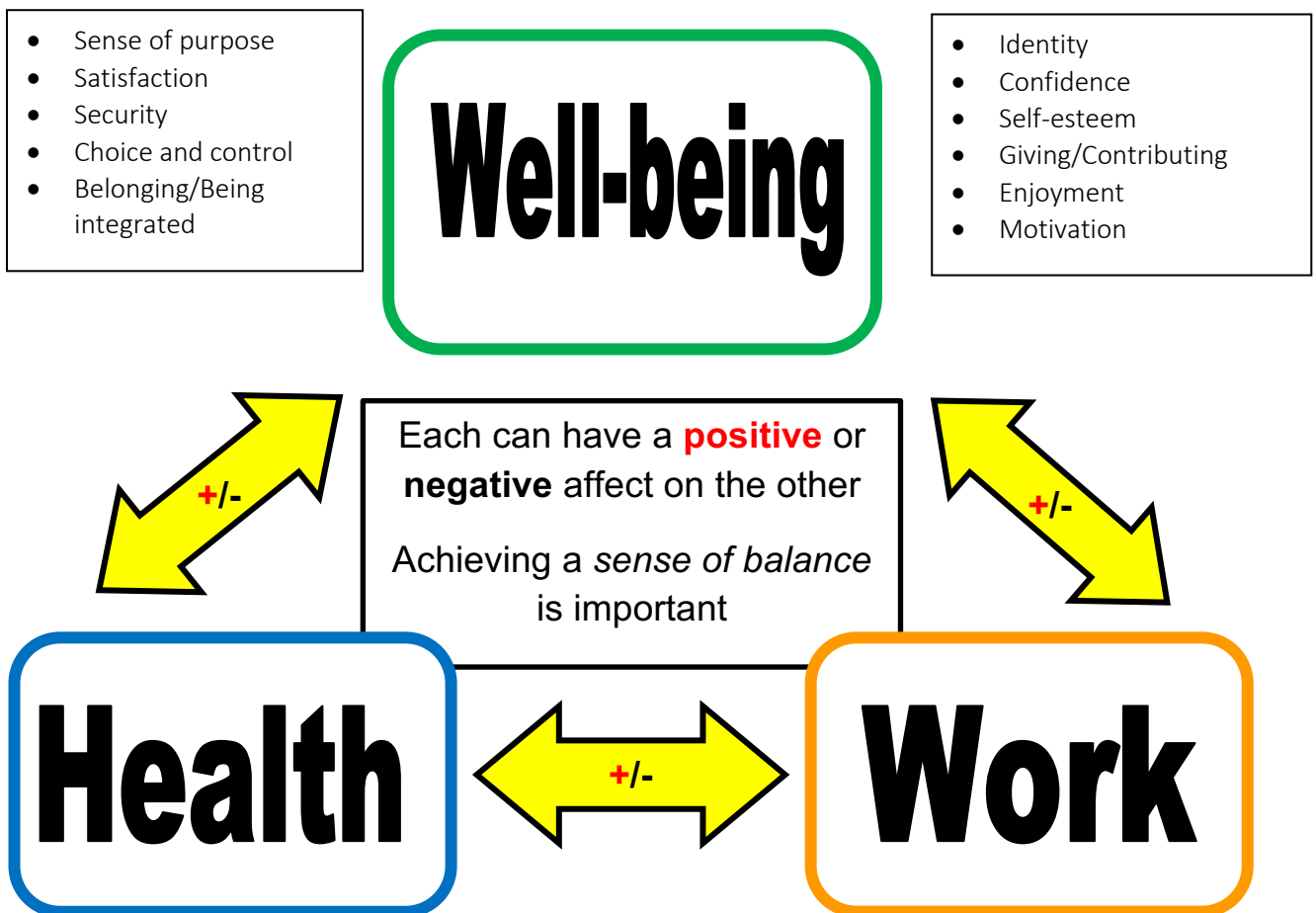


Pillar C6

Enhance wellbeing through employment, volunteering and learning

The benefits of Work for Health and Well-being

The Link between Health, Work and Well-being



- Physical exercise and fitness
- Physical mobility and function
- Improved energy and stamina
- Sleep routine/increased need
- Diet routine
- Burning calories
- Mental stimulation
- Mental and emotional health

- Structure and routine
- Fills time
- Independence
- Financial
- Role in society
- Appreciate home/leisure time
- Using/Developing skills
- Friends/Social network
- Meaningful occupation

Just as **Work** can have a **negative** impact on **Health** and **Well-being**, the absence of **Work** (or other activities which provide the work benefits listed above) will also **negatively** impact on **Health** and **Well-being**.

Therefore engaging in **Work** which is supportive, safe and rewarding (or other work-related activities – see definition on next page) at even a small level will have a **positive** impact on your **Health** and **Well-being**.

What do we mean by these terms?

Well-being: *The subjective experience of health.*
 A sense of being in balance and in control.
 Vitality, Purpose, Satisfaction, Contentment and Fulfilment.
 It relates to all areas of life: physical, material, social and emotional.

Health: Physical and mental fitness and energy.
 Being able to do the things we want or need to do.
 It can be in the presence of ongoing symptoms.

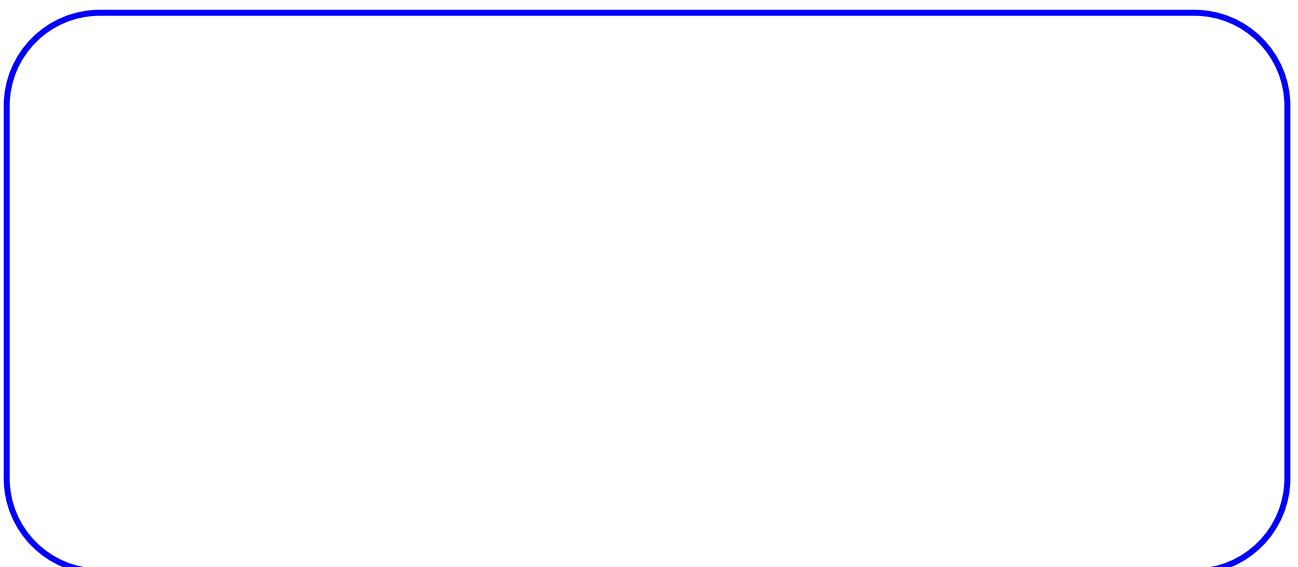
Work: Labour or Productive activity.
 Directing mental and physical exertion or effort to produce or accomplish something; using skills and knowledge.
 A way of contributing to society; whether paid or unpaid.
 It can include employment, family responsibilities and caring, volunteering or education and training.

If you are not currently in paid work or engaging in valued productive activities (as per work definition).....

How would returning to Work (or work-related activities) improve your Health and Well-being?



In the box below, write down your ideas of what kind of activity/activities this could include....



If you are in paid work or engaged in valued productive role/s (see definition of work).....

Is your job good for your Health and Well-being?

You may feel that you are struggling to maintain your health and work, and that your job is actually having a negative effect on your health and well-being.

This may be because you are not able to manage your pain effectively at work. It may also be because you do not feel supported or understood by your manager(s) or you may be concerned about your employment status if you do ask for, or persist in asking for, help.

It might help initially to step back and get things in perspective.

“Is work good for your health and wellbeing?”

This question formed the basis of research which came to the following conclusions:

- There is strong evidence that in general (good) **work** is good for physical and mental **health** and **well-being** in comparison with inactive unemployment (worklessness); which is associated with poorer physical and mental health and well-being.
- And this is true whether you're healthy, disabled, have common health problems or claim benefits.

'Good' work

For this to be true, they also concluded that it meant being in a *'good job'*, which is:

- One that you choose and are happy with
- Work which:
 - is Healthy
 - is Safe
 - offers some influence over how your work is done
 - offers a sense of self-worth
 - is accommodating, supporting and non-discriminatory (including of sickness and disability)

Now consider how 'good' for you your job is by rating it out of 10 for each of the following:

	-		+								
Extremely unhealthy	1	2	3	4	5	6	7	8	9	10	Enhances your health
Extremely unsafe	1	2	3	4	5	6	7	8	9	10	Very safe
You have no influence or control	1	2	3	4	5	6	7	8	9	10	You have complete influence and flexibility
Completely undermines your self-worth	1	2	3	4	5	6	7	8	9	10	Enhances your self-worth
Judgemental. Discriminatory Help and support are refused	1	2	3	4	5	6	7	8	9	10	Extremely accommodating, supportive and non-discriminatory

Now that you've had some time to reflect, think about the following questions and make some notes in the spaces provided.

To improve the impact your job has on your Health and Well-being:

what small things can you do?

who can you talk to?

You may feel that there is little you can do to positively improve your job. In which case you may want to consider the following questions?

What are the advantages (pros) for your Health and Well-being of staying in your job or current role and making what changes you can?

What are the disadvantages (cons) for your Health and Well-being of staying in your job or current role?

To help you weigh up your options:

what do you need to do?

who can you talk to?