



People
Growing our organisation from within, promoting and empowering our people, inspiring them to be the best they can be.



Passionate
Committed in heart and mind to wholeheartedly embrace our core values and culture, without exception.



Professional
At all times we act with integrity, providing quality service, reliably and responsibly.



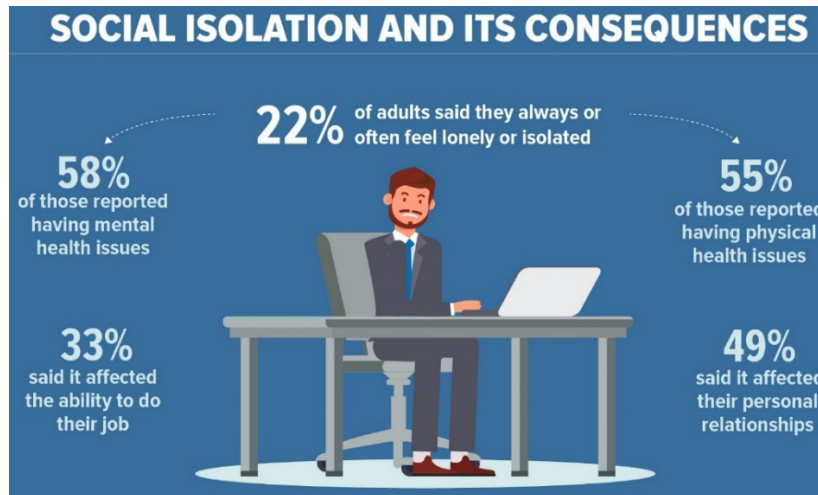
Teamwork
Working collaboratively whilst supporting and respecting each other's views.



Responsible
To consistently deliver quality, on time, safely and to budget whilst protecting our communities and the environment.

Mental health when working from home

It's not uncommon to feel additional stress as the isolation of remote working can add new pressures. Here is some advice on how to spot the signs of declining mental health so that you can seek help or advice.



Some common mental health issues for those isolated can be:

Anxiety

- Feeling tense, nervous or unable to relax
- Having a sense of dread, or fearing the worst
- Feeling like the world is speeding up or slowing down; feeling disconnected
- Thinking a lot about bad experiences, or thinking over a situation again and again
- A churning feeling in your stomach or feeling light-headed or dizzy
- Feeling restless or unable to sit still; problems sleeping
- Faster breathing or a fast, thumping or irregular heartbeat
- Sweating or hot flushes; having panic attacks.

Depression

- Depression affects people in different ways and can cause a wide variety of symptoms.
- They range from lasting feelings of unhappiness and hopelessness, to losing interest in the things you used to enjoy and feeling very tearful. Many people with depression also have symptoms of anxiety.
- There can be physical symptoms too, such as feeling constantly tired, sleeping badly, having no appetite
- The symptoms of depression range from mild to severe. At its mildest, you may simply feel persistently low in spirit, while severe depression can make you feel suicidal, that life is no longer worth living.
- Most people experience feelings of stress, anxiety or low mood during difficult times. A low mood may improve after a short period of time, rather than being a sign of depression

There are different types of support out there, and a Mental Health First Aider can help you access them. Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists, but they can give you initial support and signpost you to appropriate help if required.



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In these unprecedented times, we are having to alter the way we live and work and one of these key changes is the move to working from home. For most of us, this is a new way of working, and adjusting can impact our mental health.

Tips to help with positive mental health whilst working from home:

Your working day



- Dress for work – wear what you'd normally wear rather than your PJs.
- Set defined working hours – stick to them.
- Have regular breaks and change the scene if you can (sit in the garden if you have one).
- Don't watch any TV during the day, not even lunchtime.
- Have a spreadsheet of weekly to-do lists and aim to finish by the end of your usual work hours.
- Take lunch away from your computer.
- Set up an office space if you can, a designated area

The outside world

- Get some exercise – get out first thing for a walk, as you may get consumed by the day.
- Go out during the day if you can, even if it's to run an errand.
- Log out of social media if you can or have set time limits on it.
- Try not to focus too much on the negative news on TV and Social Media.



Keeping in touch



- Have a WhatsApp group of other people working from home – it's your own version of office chat.
- Share interests with other people who WFH or your community, so you don't get lonely.
- Call people rather than just email to avoid feeling isolated.
- If you feel that your mental health is declining call one of the company's Mental health First Aiders or contact the Employee Assistant Programme

GRCL CONTACT INFORMATION

If you have any questions about Mental Health First Aid or want to talk to someone please contact:

Nicola Arnett on 07702 254 948 or Peter Coleman on 07752 404 970

Alternatively, you can contact GRCL's Employee Assistance Programme via Validium on 0800 358 4858

STAY SAFE