

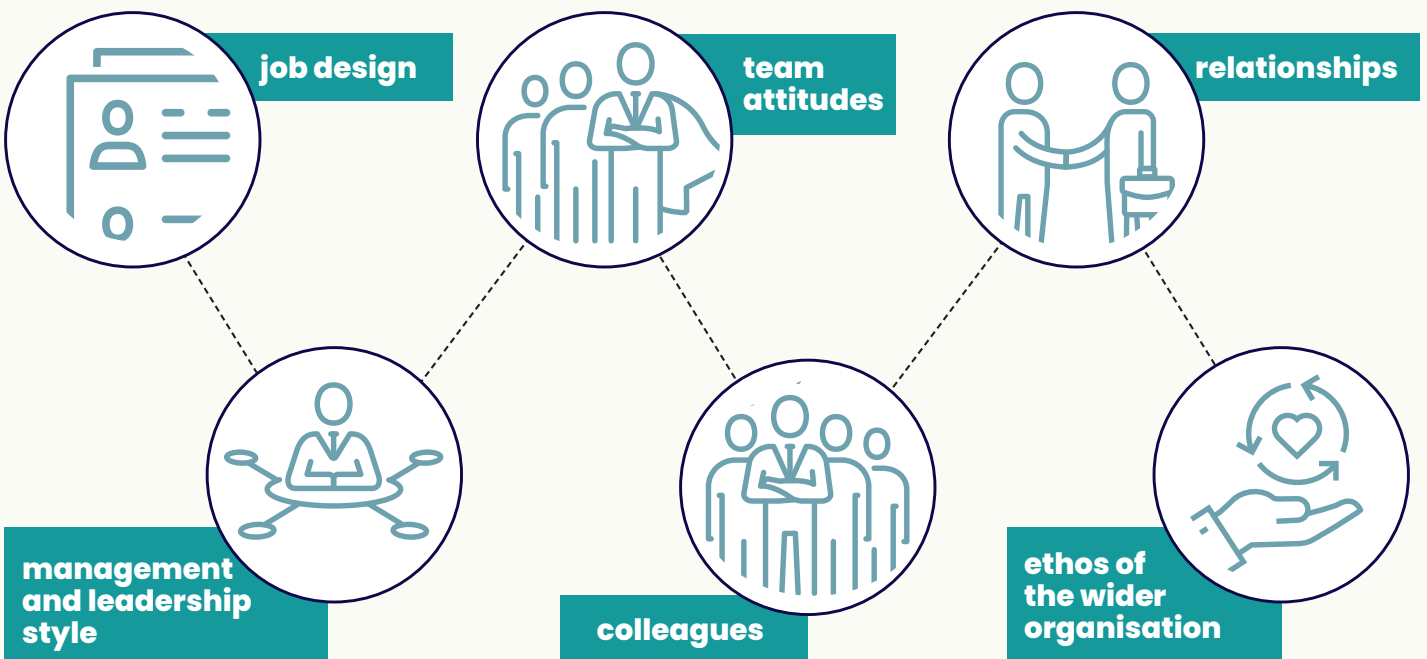
UNDERSTANDING PSYCHOLOGICAL WELLBEING AT WORK



Wellbeing is the achievement of satisfaction in absence of sustained distress, with a sense of control, meaning, and purpose, and the ability to maintain good relationships.

Psychological wellbeing in the workplace is multi-faceted and influenced by individual differences (such as personality and coping style) but also work factors such as:

Work factors that can influence Psychological wellbeing



How are the above factors within your critical care unit?

Positive changes in any of the areas can result in better psychological wellbeing for all of the team.

