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# MENTAL WELLNESS MANAGEMENT FOR CRANE OPERATORS

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LIFTING YOUR MENTAL WELL-BEING



The eyes are useless when the mind is blind



LET'S GET READY!

## Time to Decide!

- What do you hope to achieve by the end of this workshop?
- How willing are you to put into practice what you've learnt?
- What will stop you from achieving your goals?

**Intention**

**Attitude and  
Motivation**

**Awareness**

# WHAT IS STRESS?

Stress is the **feeling** of being overwhelmed or unable to cope with mental or emotional pressure.

Stress can also be defined as any type of **change** that causes physical, emotional, or psychological strain.



IN OTHER WORDS,

Stress is your body's response to anything that requires attention or action.



Fight, Flight or Freeze?

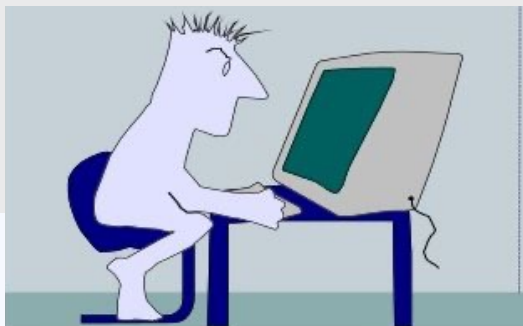


# THERE ARE DIFFERENT TYPES OF STRESS!

## **EUSTRESS**

(positive stress)

Eustress or positive stress occurs when your level of stress is high enough to motivate you to move into action to get things accomplished



## **DISTRESS**

(negative stress)

Distress or negative stress occurs when your level of stress is either too high or too low and your body and/or mind begins to respond negatively to stressors



## POSITIVE STRESS

Positive stress, otherwise known as good stress or eustress, is **the type of stress response that we feel when we get excited**. Positive stress can also refer to the times you *respond well to a challenge* that you experience from a stressor.

*Eg. remember that last minute project you worked overnight to complete?*





## NEGATIVE STRESS

Stress becomes negative ("distress") when **a person faces continuous challenges without relief or relaxation between challenges**. As a result, the person becomes overworked and stress-related tension builds.

*Eg. remember when you had so many things to take care of that you felt couldn't keep up and you kept thinking about it until you felt like screaming?*

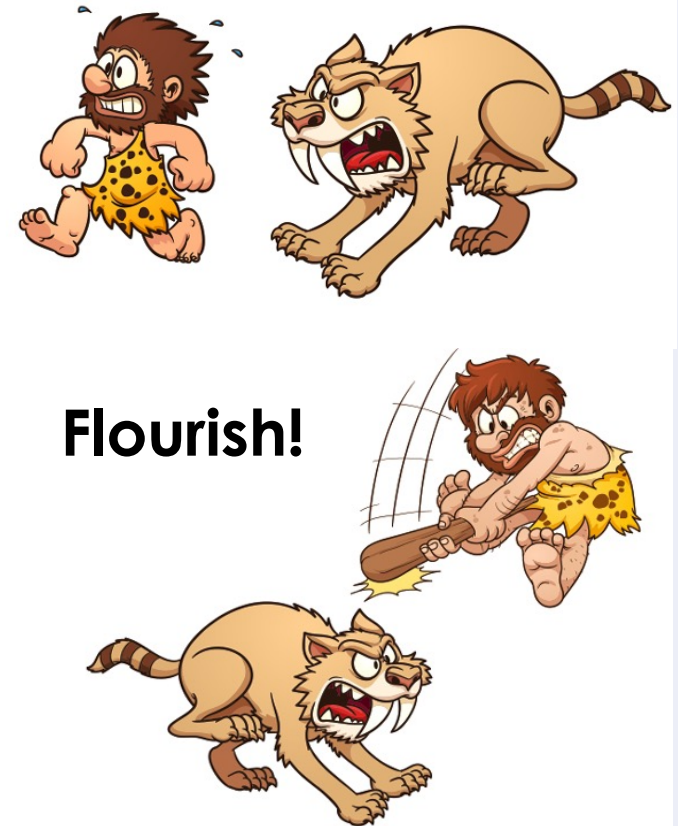


## WHAT DOES STRESS TELL ME?

When you experience changes or challenges (stressors), your *body produces physical and mental responses*.

Stress responses help your body adjust to new situations.

Stress can be positive, keeping us alert, motivated and ready to avoid danger. Or we can be overwhelmed by it and not rise above the challenge.



# WHERE DOES STRESS COME FROM? ANYWHERE!



## SOME STRESSORS IN LIFE



### Negative Events

- School or work pressure
- Conflict in relationships
- Financial problems
- Unemployment/loss of job
- Legal problems
- Personal illness/health issues
- Family illness/death/loss
- Being abused/neglected
- Empty nest/Old age

### Positive Events

- New job/career
- Being promoted at work
- Starting a new relationship
- Family holiday/event
- Going on a holiday/vacation
- Buying a new home
- Moving into a new home
- Having a child
- Retiring



## SO HOW TO DEAL WITH STRESS?

Remember that stress doesn't come from what's going on in your life. It comes from **your thoughts** about what's going on in your life.

*Andrew Bernstein*



I CANNOT DEAL WITH STRESS BECAUSE I THINK ...

I am...

**Helpless**

The situation is...

**Hopeless**

And my efforts are...

**Worthless**



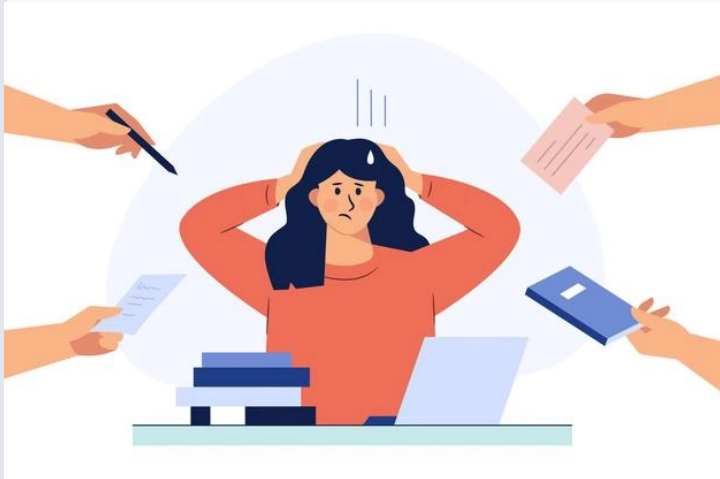


## WHAT IS WORKPLACE STRESS?

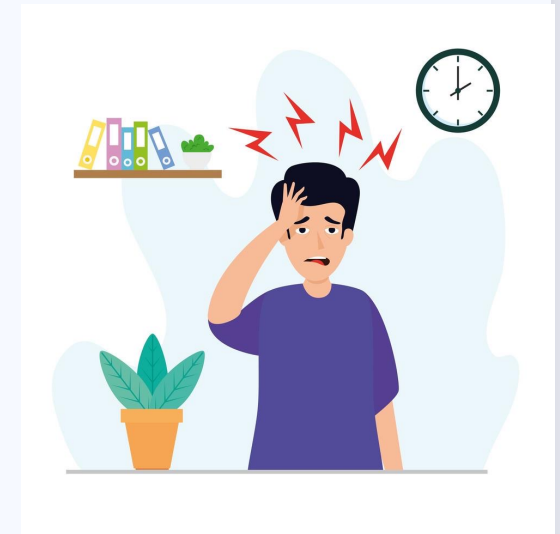
Workplace stress is *the harmful physical and emotional responses that can happen when there is a **conflict between job demands on the employee and the amount of control an employee has over meeting these demands.***

*Stress in the workplace can have many origins or come from one single event.*

## WHAT STRESSES YOU OUT AT WORK? SPECIFICALLY?



What you do?  
Who you work with?  
Where you work?

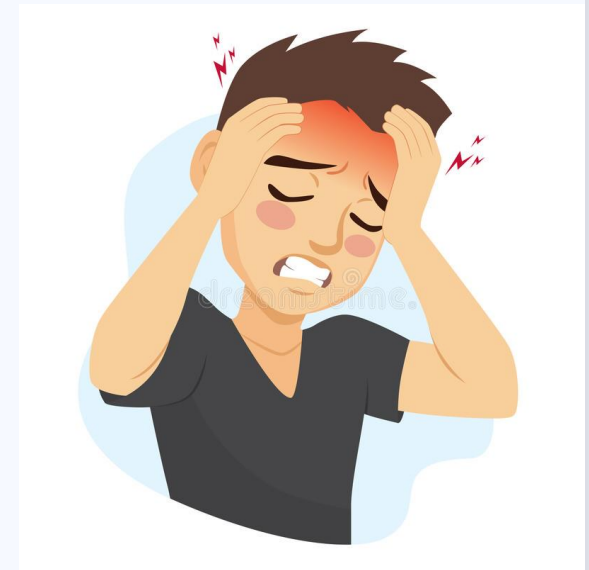




## WHY DOES THAT STRESS YOU OUT? BE SPECIFIC



Physically demanding  
Lack of resources & support  
Unhelpful colleagues  
Supervisor/management  
issues



## WHAT STRESSES YOU OUT?

Physical/external environmental factors:

- Weather (heat, rain)
- Space constraints/working conditions (less than ideal)

External relational pressures:

- Demanding supervisors/management/customers
- Compromise on safety



## WHAT STRESSES YOU OUT?

Personal pressures:

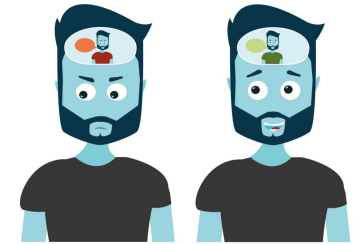
- Financial
- Relational



## MANAGING STRESS



## SELF-AWARENESS – WHAT, WHEN, WHY, HOW



What are some issues that stress me out – identify stress points

Why it stresses me out – real reason behind the stress

What is *in my direct control* – divide into internal vs external control

What can I do about it – making plans to address these

What else can I do about it – finding resources to deal with it

What are my options – take action to deal with it/await change to take place

## HOW YOU SEE THINGS AFFECTS WHAT YOU DO





# IT ALL STARTS WITH OUR PERSPECTIVE

## Situation/Event

### Thinking

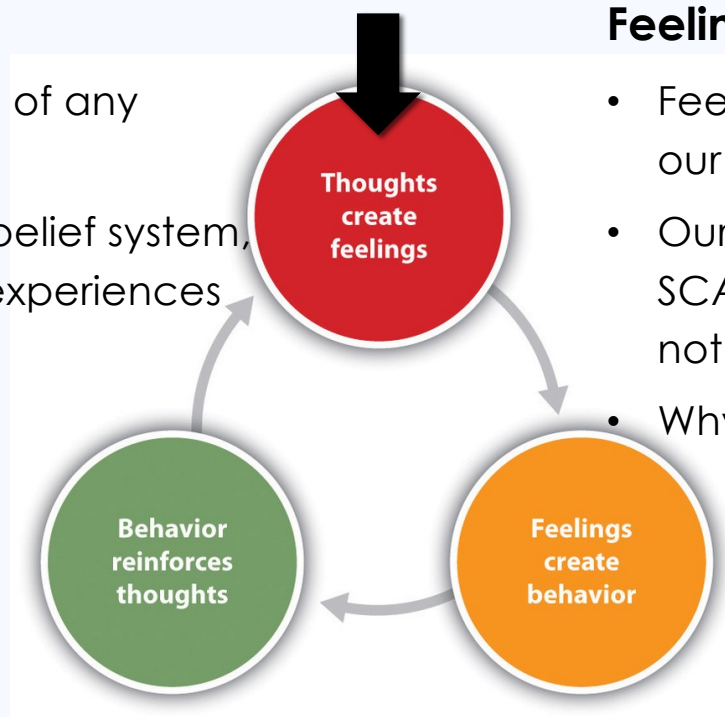
- How we view or make sense of any situation or event
- Activates our mental filters: belief system, values, biases, perception, experiences

### Behaviour/Actions

- Actions in response to our feelings

### Feelings

- Feelings that arise – usually based on our thoughts
- Our feelings are real (MAD, GLAD, SCARED, SAD) but the reasons may not be accurate
- Why are we feeling this way?



# MANAGING STRESS STARTS WITH YOUR MIND(SET)

## DON'T

Think of stress as

- A crisis
- A demoralizer
- Pressure
- Overwhelming
- Debilitating

Don't focus on your problems

Don't overthink

Don't fight stress with your mind



## DO

Think of stress as

- A challenge
- A motivator
- An opportunity
- Manageable
- Energizing

Do focus on possibilities/options

Do take action

Do embrace stress, learn to work with it

## TAKE CONTROL

**When people feel that they are not in control, they start feeling stressed**, even if they are in control and simply don't know it.

The **perception of being in control** (rather than the reality of being in or out of control) is an important buffer of negative stress.



## HEALTHY WAYS TO COPE WITH STRESS – REGAIN CONTROL!

Make a To-Do List & DO IT!

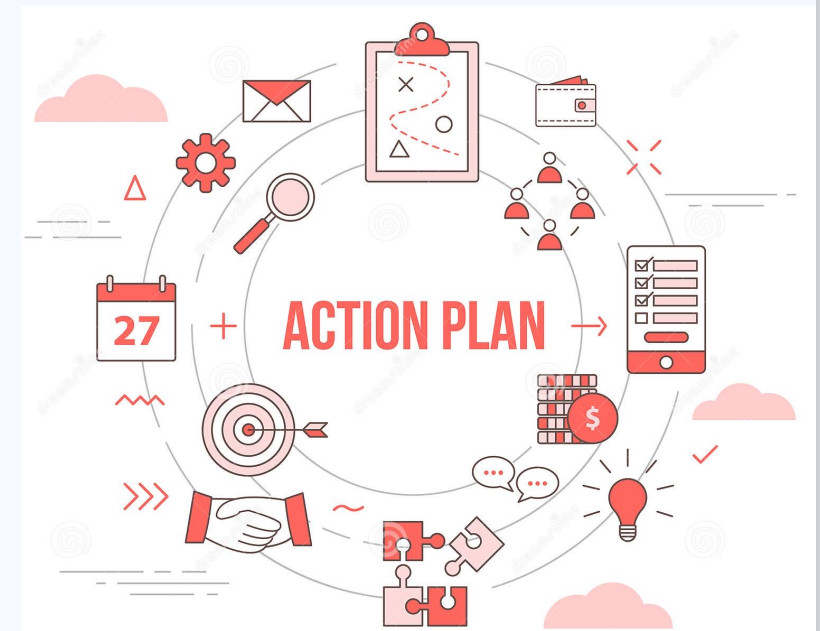
Manage your time

Concentrate on one task at a time

Get enough rest/sleep

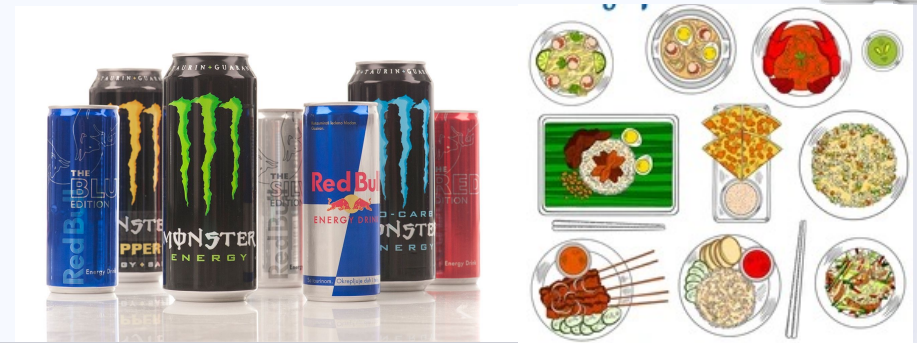
Have a balanced diet

Have time for self/hobbies/activities



## HOW CAN YOU PREVENT STRESS FROM TAKING OVER?

- **Safety** – don't compromise on your safety and that of others
- **Diet** – watch what you eat & drink (fried foods, energy drinks)



## HOW CAN YOU PREVENT STRESS FROM TAKING OVER?

- **Exercise** – find time to go for walks, to loosen up your body by stretching or do what you enjoy!
- **Cigarettes/alcohol** – short term relief vs long term problems





## TIP #03

# COACH YOURSELF TO GROW



**G**oal – set specific goals – long/medium/short term



**R**eality – what is the reality in relation to my goal(s)



**O**ptions – what are my options available – what else?



**W**ay Forward – identifying option & taking action

## SELF-ASSESSMENT



What are my strengths?

What do I enjoy doing – 'healthy' hobbies, past time, recreation

What are areas of improvement that I need to work on –  
professional, personal?

Who can help me?

**Set goals, make plans – take charge and be in control of your life!**

## THE 4 A'S TO HANDLING STRESS

**Avoid...** toxic situations, environments, habits (media, people, relationships, substances: alcohol / nicotine / vaping)

**Alter...** your perspective of the situation (be the antidote, go against your base instincts)

**Accept...** what you can change and what you cannot (center of control is you)

**Adapt...** make adjustments to the situation OR environment that you are in.



*Plan for the future,  
live in the present,  
let go of the past.*

## WHAT CAN YOU DO FOR YOURSELF?

Make time to unwind/learn to relax

Connect with others – talk/interact with others

Connect with your community or faith-based organizations

Avoid substance abuse: alcohol, drugs

Avoid negative coping behaviours: gambling, gaming



## WHAT ELSE?

Start the conversation

Make the necessary adjustments

Educate yourself – find out what, why, when & how

Don't put too much pressure on yourself

Access your support network, encourage others to do the same

Approach other specialised services to help



WE ALL HAVE RESOURCES AVAILABLE TO US....

We are not ...

**Helpless**

The situation is not

**Hopeless**

And our efforts are not

**Worthless**







# DON'T **STRESS!**

**S**top whatever you are doing

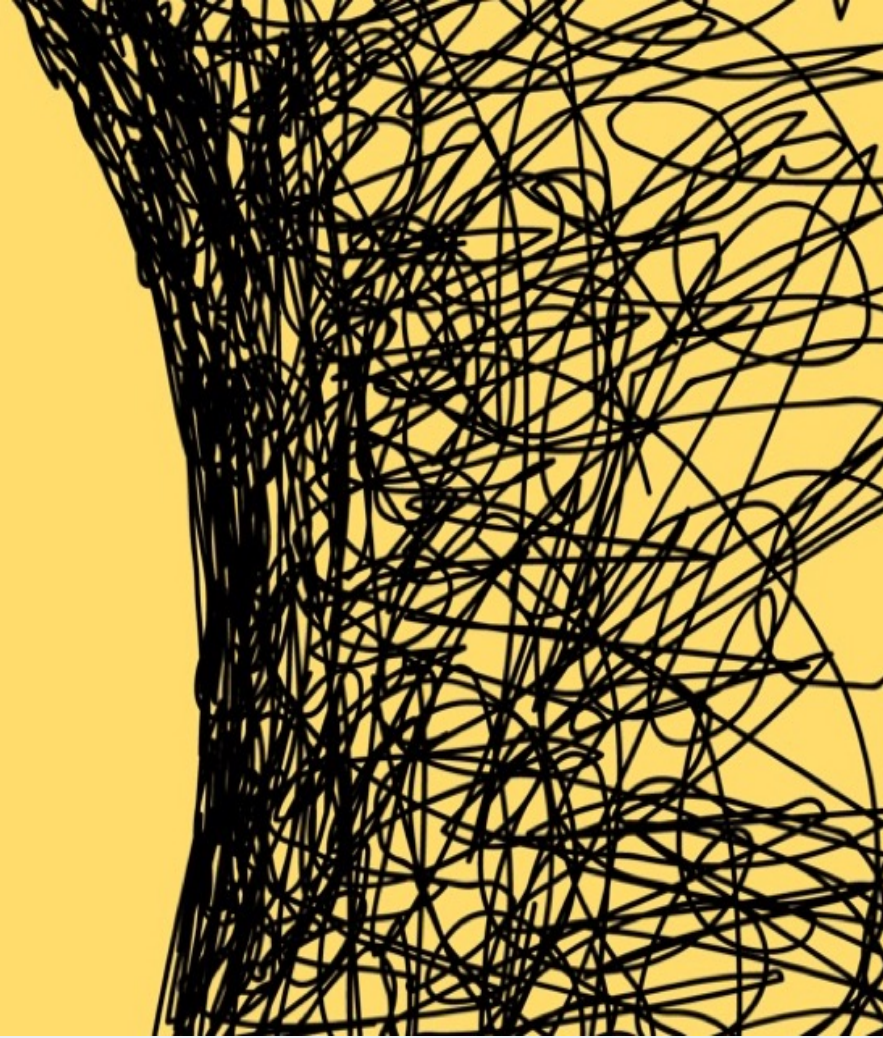
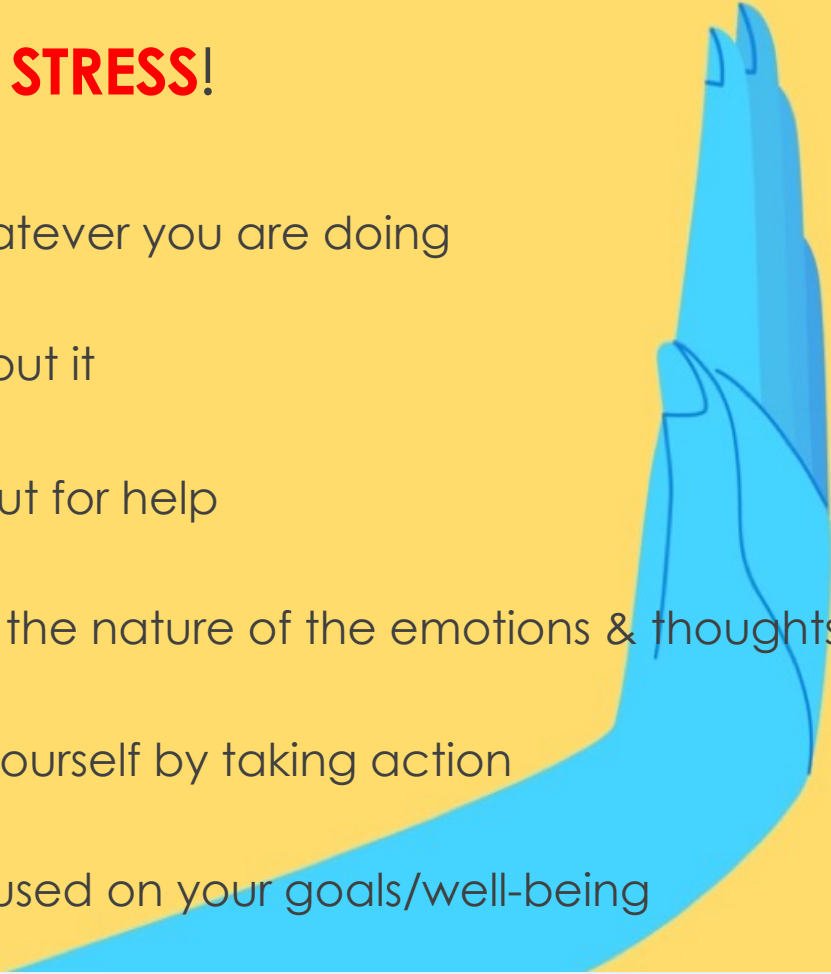
**T**hink about it

**R**each out for help

**E**xamine the nature of the emotions & thoughts

**S**teady yourself by taking action

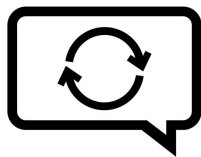
**S**tay focused on your goals/well-being



## HOW WILL YOU APPLY WHAT YOU LEARNT TODAY?



**Real learning is in the doing**



**There is no failure  
only feedback**

Q#1

What should I  
**stop** doing?

Q#3

What should I  
**start** doing?

Q#2

What should I  
**do less**?

Q#4

What should I  
**do more**?

