

The background of the entire page is a photograph of a Zen garden. It features light-colored sand with several concentric, wavy ripples. Three smooth, dark grey stones are placed on the sand: one in the upper left, one in the middle right, and one in the lower left. The text is overlaid on the central part of the image.

# ANXIETY STRESS & MENTAL FITNESS

A SELF-AWARENESS FACT SHEET



**MANDATE**  
TRADE UNION

***What is Anxiety / Stress*** – A mental and physical condition that results from pressure or demands that exceed your current capacity or perceived capacity to cope. The source of these demands are termed “stressors” Anxiety /stress is a perfectly normal experience in the life of humans. Building on coping skills and self care planning are the key factors to building personal resilience and mental fitness for life

***Creating a Healthy Work-Life Balance*** – We know that to reduce the risk of physical illness we must work towards a level of physical fitness that suits our body and lifestyle. The exact same process applies to our mental fitness. We must put a self care plan in place to help us achieve our optimum mental fitness and build our resilience and maintain our coping skills. Those that implement a self care plan can and do achieve very positive results.

### ***Facts – Debunking Myth and Stigma***

- Anxiety is a normal emotion - every human experiences anxiety at times
- Talking to someone / sharing a concern can reduce anxiety significantly
- Planning small steps for mental fitness can produce very positive results – Try it!!
- Self care planning can significantly reduce the more negative impact of anxiety and stress

## **Time to Act – Steps to Take**

When anxiety persists or is overwhelming e.g. feeling anxious for more than a day or two, or you feel overwhelmed by an experience or as can be the case, not knowing why you feel overwhelmed the following actions work !

### **Actions**

Tell someone - a family member, a friend, a colleague, a coach. Never underestimate the power of talking to someone. It is called the “*talking cure*” for good reason

- 1** Talk to your GP he / she will assess you and advise on best steps
- 2** If professional help is needed seek out a counsellor (GP can assist with this) or see the useful contacts list on this fact sheet for counsellors in your area ([www.iacp.ie](http://www.iacp.ie))

**Remember** - All anxiety whether it is from a specific experience or you are not aware of why you feel anxious is

- 1** A normal human feeling
- 2** Treatable
- 3** Will pass / can be worked through by receiving the proper supports

**Mandate Trade Union have prepared this factsheet to provide support for our membership in collaboration with Michael O'Toole, Director of Occupational Wellness Solutions ([www.ows.ie](http://www.ows.ie)) our partner in developing wellness supports for employees in Irish Retail.**



## Available supports and general information

This is a non-exhaustive list of supports available.

- \* [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) Mental Health Ireland. Mind Your Mental Health Workshops available
- \* [www.spuncout.ie](http://www.spuncout.ie), [www.reachout.com](http://www.reachout.com), [www.alive2thrive.ie](http://www.alive2thrive.ie)
- \* [www.Jigsaw.ie](http://www.Jigsaw.ie)
- \* [www.seechange.ie](http://www.seechange.ie)
- \* Aware (national voluntary agency supporting those affected by depression) [www.aware.ie](http://www.aware.ie)
- \* Samaritans (24 hours) **Tel 116 123**
- \* [www.mandate.ie](http://www.mandate.ie)
- \* [www.fsu.ie](http://www.fsu.ie)
- \* [www.cwu.ie](http://www.cwu.ie)
- \* [www.ictu.ie](http://www.ictu.ie)
- \* [www.getactiveireland.ie](http://www.getactiveireland.ie)
- \* [www.parkrun.ie](http://www.parkrun.ie)
- \* Regional Resource Officers for Suicide Prevention [www.nosp.ie](http://www.nosp.ie)  
**Tel 1850 25 1850**
- \* STOP Suicide **Tel 1850 211 877.**
- \* [www.mindingyourhead.info](http://www.mindingyourhead.info) Public Health Agency, Belfast
- \* [www.hsa.ie](http://www.hsa.ie) Health and Safety Authority
- \* Local HSE Health Promotion Department  
[www.hse.ie/healthpromotion](http://www.hse.ie/healthpromotion)
- \* Accord (nationwide agency supporting marriage and relationships)  
[www.accord.ie](http://www.accord.ie)
- \* AA (providing support to those affected by alcoholism)  
[www.alcoholiseanonymus.ie](http://www.alcoholiseanonymus.ie)
- \* GA (providing support to those affected by gambling) [www.gambler-sanonymus.ie](http://www.gambler-sanonymus.ie)
- \* MABS (money and budgetary advice) [www.mabs.ie](http://www.mabs.ie)
- \* Narcotics Anonymous (providing support to those affected by drugs)  
[www.na.ireland.org](http://www.na.ireland.org)
- \* IACP – Irish Institute Counsellors and Psychotherapists  
[www.iacp.ie](http://www.iacp.ie)