



HSE

Occupational Health and Safety

# Stress & Mental Health 2023

Self-assessment tool: Gauge the state of your mental health to take action and prevent mental exhaustion

Medical service

Octobre 2023

EDMS reference

# CARING FOR YOUR MENTAL HEALTH PRENDRE SOIN DE SA SANTÉ MENTALE

MENTAL HEALTH  
AWARENESS CAMPAIGN

CAMPAGNE DE PRÉVENTION  
SANTÉ MENTALE

**11 October, 774/R-013 (Prévessin)**

Flash disconnection / 11.30 a.m. in English

Déconnexion flash / 13h30 en français

**18 October, 774/R-013 (Prévessin)**

Cardiac coherence / 11.30 a.m. in English

Cohérence cardiaque / 13h30 en français

**25 October, 31/3-004 (IT Amphitheatre)**

Stress self-evaluation tool / 11.30 a.m. in English

Outil pour auto-évaluer son stress / 13h30 en français

Campaign organised by the **CERN Medical Service**

Campagne organisée par le service médical du CERN.



HSE  
Unité Santé et sécurité au travail  
et protection de l'environnement

More information: [hse.cern/MentalHealth](https://hse.cern/MentalHealth)  
Plus d'informations : [hse.cern/fr/santementale](https://hse.cern/fr/santementale)



# EXERCICE



*How do you evaluate your mental health?*



# AGENDA

1. What is Mental Health?
2. The stress response
3. Impact of stress on your health
4. Mental health self-assessment tool



# 1. WHAT IS MENTAL HEALTH?

« Health is a state of complete **ph**  
absence of disease or infirmity » V

There is no health without mental

Mental Health is more than the ab

Mental health **does not only** dep  
external factors will influence it

Each person's **mental health will**

S N E

**YOUR MENTAL  
HEALTH'S BEST FRIENDS**



**Sleep, Nutrition  
and Exercise:  
the golden triangle  
of mental health**





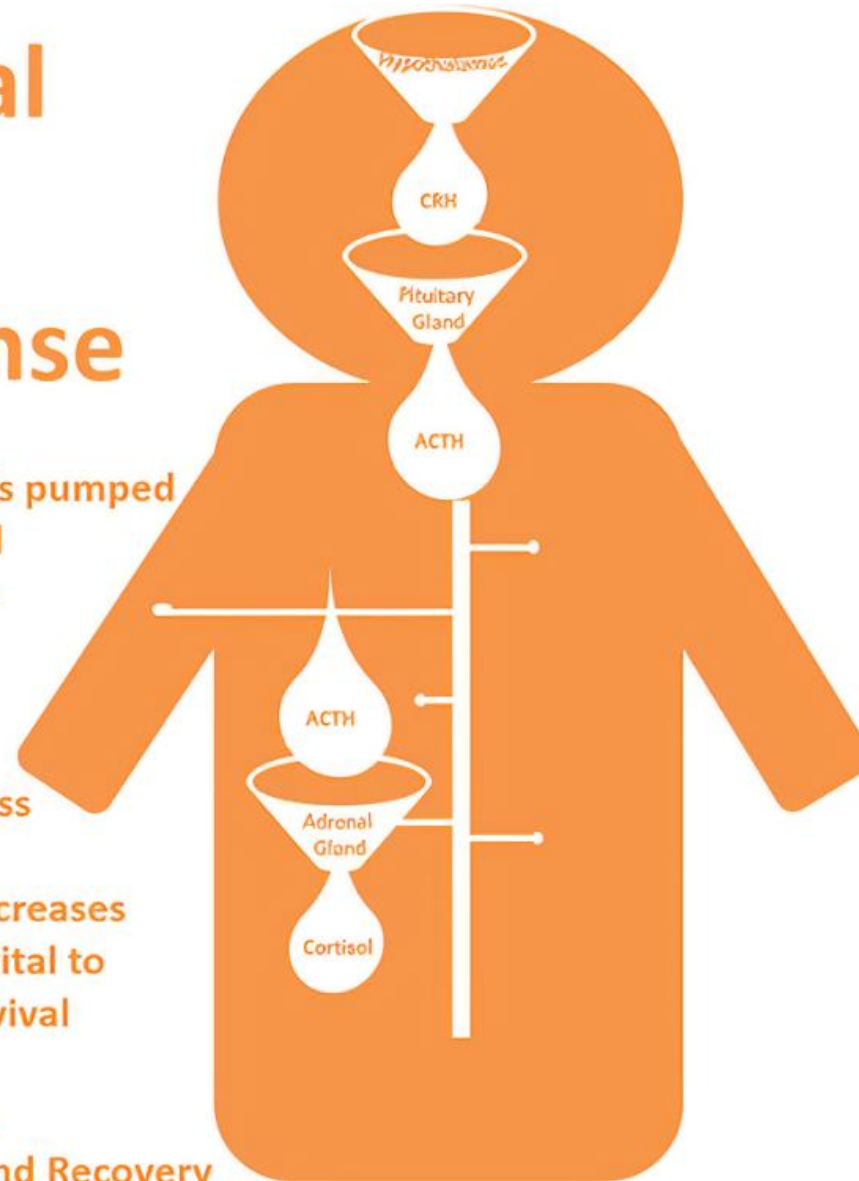
*« Mental health is a state  
of mental well-being  
that enables people to cope  
with the stresses of life,  
realize their abilities,  
learn well and work well,  
and contribute to their community »*

OMS



# General Stress Response

- Increased fuel is pumped into your blood
- Blood Pressure increases
- Breathing increases
- Mental Alertness increases
- Muscle Tone increases
- Functions not vital to immediate survival shut down:
  - Digestion
  - Growth and Recovery



# 2. THE STRESS RESPONSE

Ancestral ability to respond adequately to changing environments

Unavoidable

Associated with positive or negative experiences

Acute - **Chronic**





# 3. IMPACT OF STRESS ON YOUR HEALTH



## Physical

e.g., headache, muscle and joint pain, trouble sleeping, digestion and eating issues, cardiovascular problems, hypertension...



## Emotional

e.g., ↑ sensitivity & nervousness, anxiety, sadness, ↓ self-esteem & confidence, depression, exhaustion, dissatisfaction, pessimism...



## Intellectual

e.g., ↓ concentration, forgetfulness and errors, loss of meaning, difficulty to take initiative, to make decisions and to accept new things...



## Behavioural

e.g., conflicts, isolation, distrust, ↓ performance & collaboration, workaholism, ↑ use of tobacco, alcohol and other substances ...



# 4. Mental Health Self-Assessment Tool

This tool allows us to take our psychological vital signs at a glance



The signs of distress are neither abnormal,  
nor a sign of weakness  
but a signal to listen to



	Healthy	Reacting	At risk	Critical
SIGNS	Calm and steady	Occasional anxiety or sadness	Persistent anxiety or sadness	Excessive anxiety, depression, or suicidal thoughts
	Sense of humour	Irritability or pessimism	Angry or cynical	Angry outbursts or aggression
	Mentally alert	Forgetfulness or intrusive thoughts	Indecision, poor concentration	Unable to concentrate
	Sleeping well	Difficulty sleeping	Sleep disturbances, nightmares	Significant sleep disturbances or oversleeping
	Performing consistently	Feeling overworked or procrastinating	Feeling overwhelmed, poor performance	Unable to complete work tasks
	Confident in self and others	Self-doubt	Distrusts others	Excessive distrust
	Feeling good	Tension or headaches	Persistent physical symptoms	More serious physical symptoms
	Good energy levels	Low energy	Fatigue	Exhaustion
	Physically active	Reduced physical activity	Physically inactive	Lethargic
	Socially active	Reduced social contacts	Avoiding social contacts	No contact with loved ones
	Substance use is occasional and social	Substance use is regular but controlled	Substance use is difficult to control	Substance abuse or dependence
	STRATEGIES			



Source: Quebec physicians' health program [checking-our-mental-health-vital-signs.pdf](https://pamq.org/checked-our-mental-health-vital-signs.pdf) (pamq.org)



# Key messages

1. It's vital **to be aware** of how you're feeling
2. It's important to check on yourself **regularly**

⇒ We've seen a tool to check on your mental health:

- ✓ This tool allows you to **recognize signs of stress** in your body, emotions, thoughts, relations, and behavior.
- ✓ You know **when** you need to act.
- ✓ We've seen some **strategies**, including looking for **professional** help if needed.



# How can I take care of my mental health ?





# If you need primary care, advice or support

## *We are here for you!*

### Building 57

Monday – Friday

8.00 - 12.30 | 13.30 - 17.00



## Ground floor

- Infirmary: for anyone on the CERN site

## 1st floor

- Psychologists: for MPE & MPA
- Occupational Health Medicine: for MPE & students





*Thank you  
for your attention*





# Accueil - CESH / CSHS (stresshumain.ca)

