

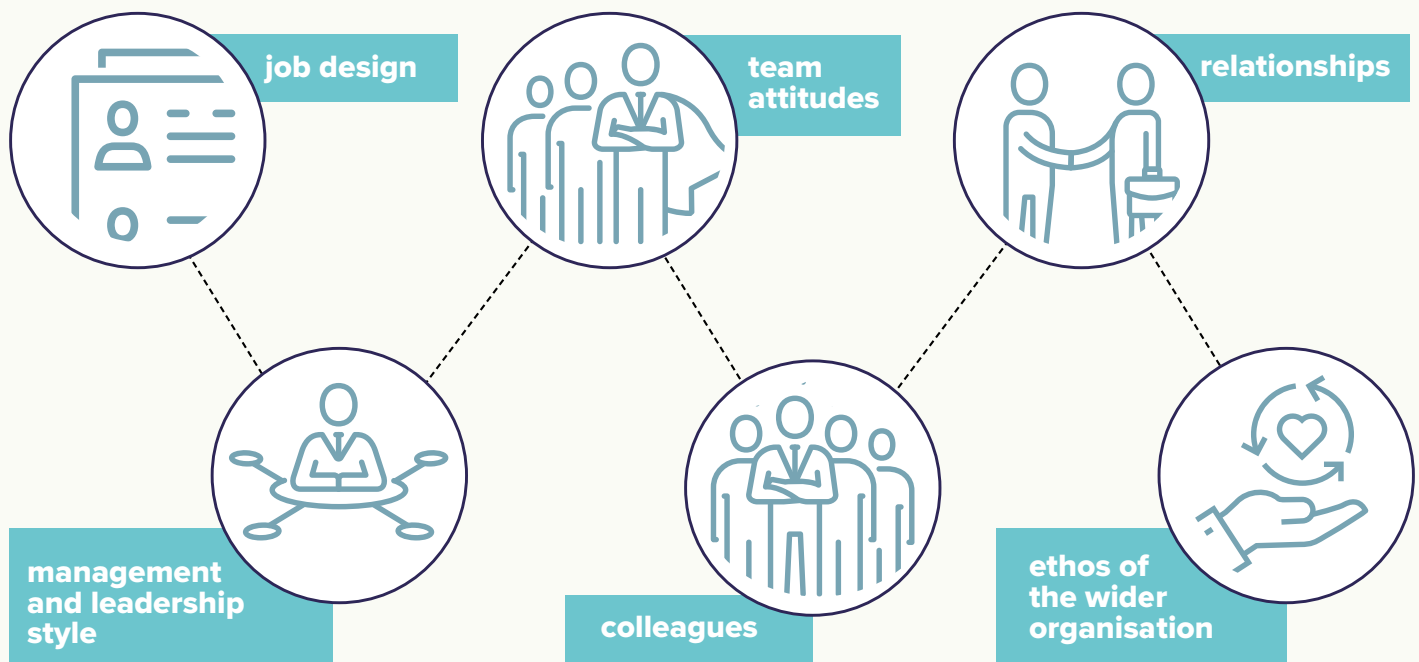
UNDERSTANDING PSYCHOLOGICAL WELLBEING AT WORK



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.**