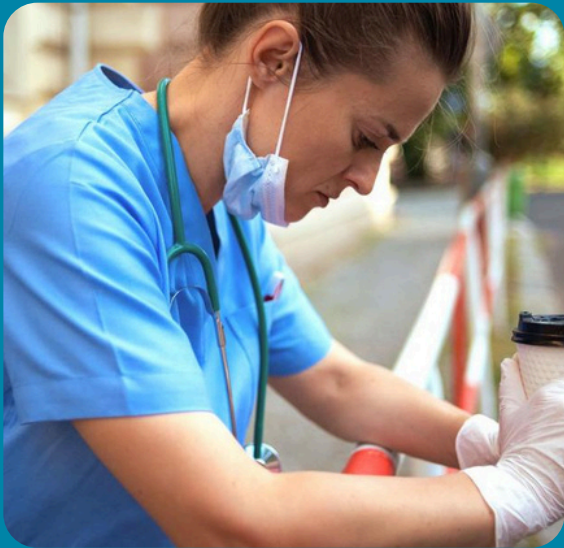


SAFETY SEGMENTS JANUARY

PSYCHOLOGICAL IMPACT ON WORKERS



WHAT WE'RE LEARNING

Workers play a crucial role in providing care and support. However, the demanding nature of their work can have significant psychological impacts, affecting their overall safety and well-being. To mitigate these psychological impacts, it is essential to provide workers with support. This includes ensuring proper staffing levels, offering mental health resources, and creating a supportive work environment where workers feel valued and heard. Regular training on stress management and self-care can also help workers cope with the demands of their job.

GUIDING QUESTIONS

- Think of a time at work when you did not feel psychologically supported. How did that make you feel?
- What does a Psychologically and Socially Supportive work environment look like to you?
- What are some strategies to help YOUR workplace to be more Psychologically and Socially Supportive?

Notes to the Team Leader:

Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of **Safety Talk: Psychological/Social Support**. After everyone is done, use the guiding questions to facilitate a group discussion.