

STRESS, ANXIETY AND DEPRESSION AT WORKPLACE

Organization and country: LUV, Slovenia

Name of the activity: What's on your plate?

Overview (What I am going to learn?): Participants get a chance to express all thoughts, issues, and tasks they have on their mind and cause them stress. They will get feedback from a group and new perspective on stress factors.

Objective (What am I going to learn it for?):

- to recognise and identify stress factors,
 - to acknowledge the amount of stress someone is facing,
 - how to cope with stress.
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Materials: Markers and paper plates (or circles cut from paper)

Time: Estimated 30 minutes

Target group: Employees

Instructions for facilitators

The activity should be held in a comfortable room with enough space to allow participants to have their own space to think and create about their stressors at work.

We have all heard the analogy, "My plate is really full." Which is a code phrase for, "My brain is so full, I literally can't fit any more in it!"

Tasks and procedure:

Steps:

1. Discuss the analogy of having a “full plate”.
2. Ask participants to think about what is on their plate:
 - Example: work responsibilities, overload, high demands, deadlines, expectations, lack of communication, lack of recognition, fear of losing the job, toxic relationships, ...
3. Hand out paper plates and markers.
4. Ask participants to decorate the plates with symbols/words that represent their obligations, tasks, or interests.
5. Give the group plenty of time for this as they will talk and reflect with one another as they draw and write.
6. Invite group members to share what some (or at least one) of the items are on their plates.
7. Allow group discussion on how to handle all the unique stressors and responsibilities.
8. Invite participants to set their plate aside (somewhere else in the room) so they can be fully present.

Conclusion and evaluation:

After this activity participants will have clearer picture about their work responsibilities and potential factors, that can lead to stress or even to anxiety, depression, burnout. In discussion will be exposed examples of good practises on how to cope with potential factors of stress at the workplace. With the support of the group, will be revealed new realisations of importance to maintaining mental health at the workplace and in life in general.

Reference:

<http://sparkinthemind.blogspot.com/2020/09/whats-on-your-plate.html>