

### Mental Health

World Health Organization (WHO) 2022

• A State of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well, work well, and contribute to their communities.







## Employee fit for work

What do the two parties want?

# Employer

- Knowledge, skills, and attributes
- Qualifications
- Labour Service
- Time
- Experience

## Employee

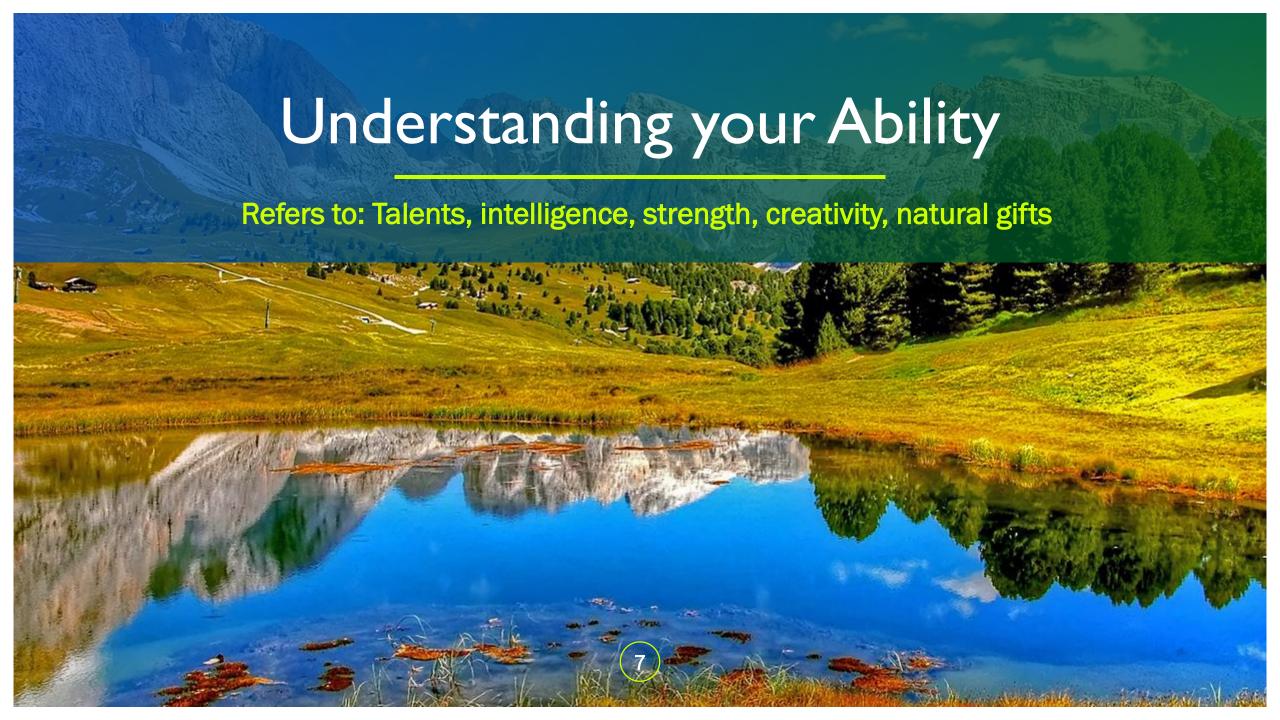
- Remuneration
- Safe and Healthy Environment at work
- Job Security
- Career Growth
- Work life balance
- Recognition
- Leadership

### The need for self-examination

To be a fit Employee or Supervisor

- Am I teachable/proud?
- Do I like correction?
- Do I like to cover up the truth?
- Do I discourage others with my bad attitude?
- Do I exaggerate issues?
- Do I always find fault in others?





### How do I work on my abilities?

- Be accountable
- Plan and take action
- Be courageous
- Discernment and Making Decisions
- Confidence



## Self Care:

#### PERMA MODEL OF HAPPINESS

- Positive emotions/feelings
- Engagement
- Relationships
- Meaning
- Accomplishments
- Vitality (eating, sleeping well, exercising, and being physically healthy)





## References:

- Dr. Henry Ndozi-Okia The Mind, Today's Battles Yesterday's Errors (Book is available on selar)
- Martin Seligman Positive Psychology

