

Crash course: HelseIArbeid

Learn more about work
and common health
problems – **in 1 hour**



The crash course is a short introduction to **how work and health are connected.**

After the meeting, we will all...

... **know a bit more** about what's important at work

... **feel more confident** about problems that many people struggle with

... **be better at supporting** each other every day



Plan for the meeting

1

What is important for us in order to thrive at work



Watch video



Discuss in pairs



2

The most common problems that lead to health-related absences



Watch videos



Discuss in pairs



3

How can we support each other even better?



Watch video



Reflective activity



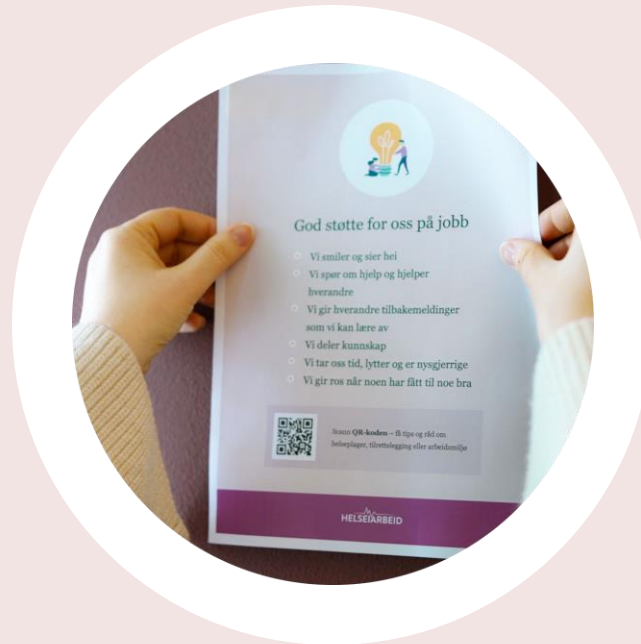
Share in groups

After the meeting...

... we add the **answers** to how we can support each other even better ... →



... to a **list** we put up ... →



... as a **reminder** of the things we can do for each other every day.





1

What is important for us in order to thrive at work



Watch video



Discuss in pairs






Video



Watch the video: [What is important for us in order to thrive at work](#)


Tip: Right-click on the link above and select "open in new tab" or "open in browser".

Summary – how to thrive at work

-  Having a job is generally good for our health.
-  A good work environment helps you to cope well with your everyday working life.
-  The workplace can then become a health-promoting place to be.

Activity

 **Time:** 5 minutes.

 Pair up with the person next to you and discuss the following question. There is no need to take notes.

**What does having a
job mean to you?**





2

The most common problems that lead to health-related absences



Watch
videos



Discuss in pairs

In this part we will learn more about ...



Back-related
aches and pains



Mental health
issues



Video



Watch the video: [Back problems and back pain](#)

Tip: Right-click on the link above and select "open in new tab" or "open in browser".

Summary – back problems and back pain

- ★ Back and neck pains are the most common musculoskeletal conditions.
- ★ Most of us will experience back pain at some point in our lives.
- ★ Back problems are rarely serious. Most afflictions will usually pass, but that doesn't make them any less painful!
- ★ Pain is a sensation, and as individuals we tolerate that sensation differently.
- ★ Pain affects how well we function in our lives, including at work.



Video



Watch the video: [Mental health issues](#)

Tip: Right-click on the link above and select "open in new tab" or "open in browser".

Summary – mental health issues

- ★ Most of us will experience mental health issues at some point.
- ★ Good mental health is about well-being in your everyday life, even though life is not always easy.
- ★ There can be many reasons why we are struggling mentally, and our problems affect us in different ways.
- ★ With help and support, most of us get through it.
- ★ When we experience mental health issues, it's usually due to a combination of multiple factors.

Activity



Time: 7 minutes.



Pair up with the person next to you and discuss the following situation. There is no need to take notes.

You wake up and have slept poorly. Your back hurts and you are not doing so well. You are considering whether or not to go to work.

What makes you go to work anyway?



3

How can we support each other even better?



Watch
video



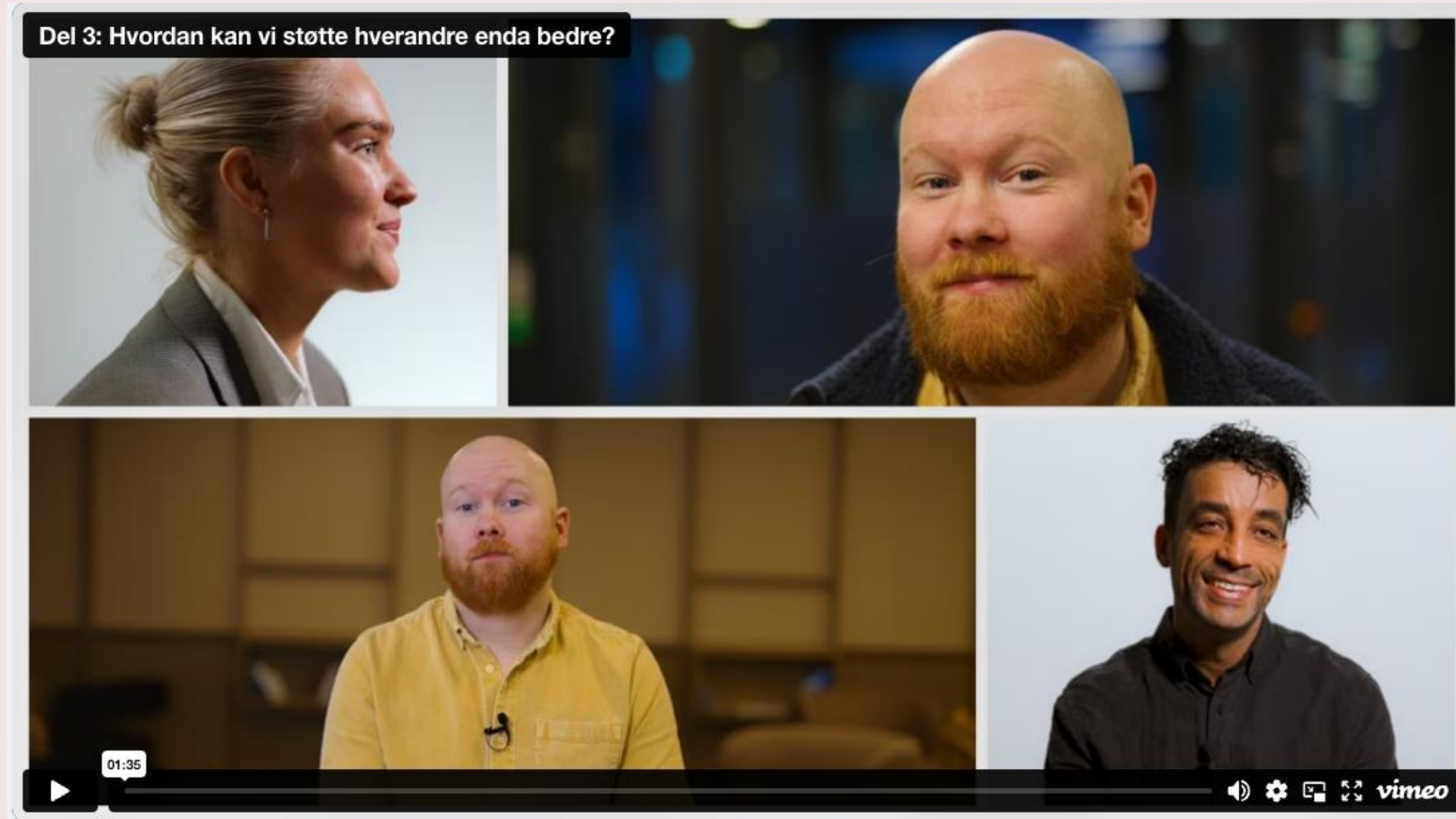
Reflective
activity in
groups



Share with
everyone






Video



Watch the video: [How can we support each other even better?](#)


Tip: Right-click on the link above and select "open in new tab" or "open in browser".

Summary – support at work

-  We can all contribute to making the workplace a good place to be.
-  Small steps can lead to big changes.
-  How we give feedback, validate and support each other, has significant influence on how we feel at work.

Activity

 **Time:** 7 minutes.

 Use the post-it notes and complete the sentence. Everyone prepares two notes each.

For me, good support at work is when ...

Example:

For me, good support at work is when ...

... someone asks if I need help

Share in groups



Time: 10 minutes.



- 1.** Form groups.
- 2.** Each person shares their two notes with the rest of the group.
- 3.** The group prioritizes the notes and agrees on two that the group thinks are the most important for feeling supported at work.
- 4.** Each group hangs the notes on the wall, or pass them directly to the person leading the meeting.

Example:

For me, good support at work is when ...

... someone asks if they can help.

... when ...

... when ...

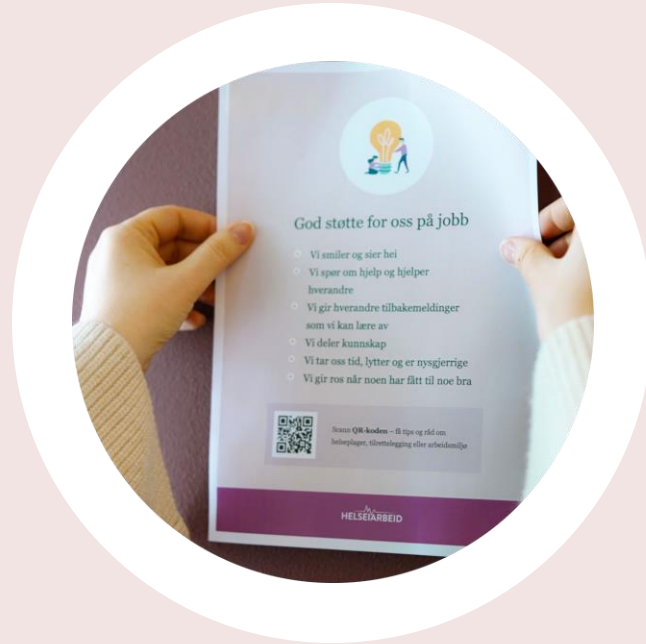
... when ...

What happens after this meeting?

We add the **answers** to how we can support each other even better ... →

... to a **list** we put up ... →

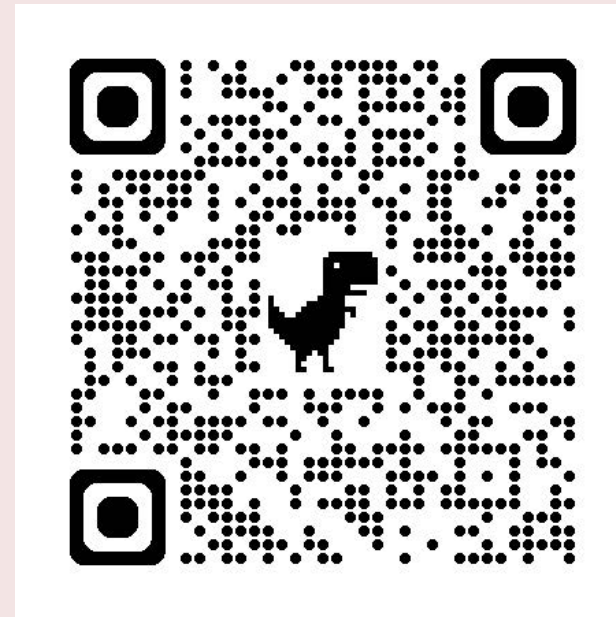
... as a **reminder** of the things we can do for each other every day.



Where to find useful tips and advice:

Scan the QR code to learn more about:

- ★ How to cope with physical and mental health issues.
- ★ Adaptation of the work situation and how to follow up on employees.
- ★ How to improve the working environment.



Thank you for your hard work today!