

EMPLOYEE WELLBEING

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If you are reading this, you may have one hundred other things to do with your time. You may be feeling anxious about work, family or just life in general. You may have experienced a life changing event that is causing you upset or even stress. You may even be one of the 1 in 6 workers who have a diagnosable mental health condition.

We will all face challenges in life and how each of us copes with them, is different. A few months ago, I lost my eldest son Harrison in a tragic motorcycle accident in Vietnam. I felt shock, sadness, deep upset, guilt, anxiety and thanks to the overwhelming love and support of family, friends and colleagues, I am learning to live with it and carry on.

I have also been in a position where work can become overwhelming, especially when negative or stressful change events happen. In my case it was losing our biggest contract with Lloyds Bank while selling a business to Sodexo. It caused me to feel stressed and anxious as I felt responsible for so many people's livelihoods and future. It knocked my confidence and took me a while to get back to 'normal'.

These are some of the reasons why I feel so strongly about wellbeing.

We all have our ups and downs but being aware of how they may impact us and being able to talk about these things is a first step.

We cannot control the world around us, but we can all better understand how we feel and what we can do to help ourselves, as well as how we can get help from others. Thankfully, we can all take steps to improve our wellbeing. It could be lifestyle, our diet or exercise. It could be impacted by our friends and family. It could be work.

So, please get involved. Let's remove the stigma and talk about it. We are all human!

It's OK, not to be OK.