



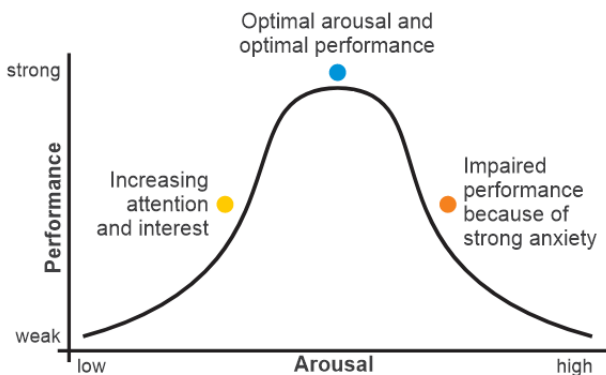
According to Health Canada, anxiety disorders are most common out of all mental health disorders. One out of ten Canadians is affected by anxiety.

"Anxiety: a feeling of worry, nervousness, tension or unease."

There can be many levels of anxiety. It is important to understand the difference between a healthy amount of anxiety to a real event compared to anxiety that can produce fear and distress that is out of proportion.

When there is a routine and no changes in everyday work, there is no stress. Therefore, there may be no motivation to work. There needs to be enough stress to challenge oneself and not only meet bare minimum requirements. This is called optimal performance.

When there are high levels of stress, performance can become impaired due to an increase in anxiety.



Anxiety Disorders include different diagnoses like:

- Panic Disorders
- Phobias
- Social Phobia
- Specific Phobia
- Post Traumatic Stress Disorder
- Obsessive-Compulsive Disorder
- Generalized Anxiety Disorder

Your workplace has many resources and programs that you and your family can access. This includes:

- Employee and Family Assistance Program
- Extended health benefits

For resources checkout out BCMSA's Course Catalogue:

<https://www.bcmsa.ca/category/course-catalogue/>

Toolkit:

<https://www.bcmsa.ca/psychological-supporttoolkit-for-workers-and-employers/>



What does that mean to supervisors?

It's important to stay connected in the workplace. There are many ways that you can support your co-workers.

Asking questions like:

- How are you doing today?
- You seem a bit unsettled. Want to talk about what's happening?
- What can I do to support you

"Anxiety can be treated. It's important to learn how to manage it and live a healthy life."

It is also important to ensure you get treatment if you are experiencing high amounts of anxiety. Treatments will consist of a combination of psychotherapy, behavioral therapy and medication.

There are many mechanisms to help cope with mild levels of anxiety:

- Stress management
- Relaxation techniques-yoga, meditation, deep breathing
- Exercise
- Support network





MEETING DESCRIPTION			
Meeting Date:		Time:	
Location:		Supervisor:	
Number in Crew:		Number Attended:	
Attended By:			Absent

REVIEW ITEMS FROM PREVIOUS MEETING	INCIDENTS/INJURIES REVIEWED

TOPICS DISCUSSED
1.) MSI – Personal Risk Factors: Anxiety

WORKERS CONCERNS

CORRECTIVE ACTIONS TO BE TAKEN

MEETING CONDUCTED BY			
Supervisor:		Manager:	
Date:		Date:	