

VRA member meeting

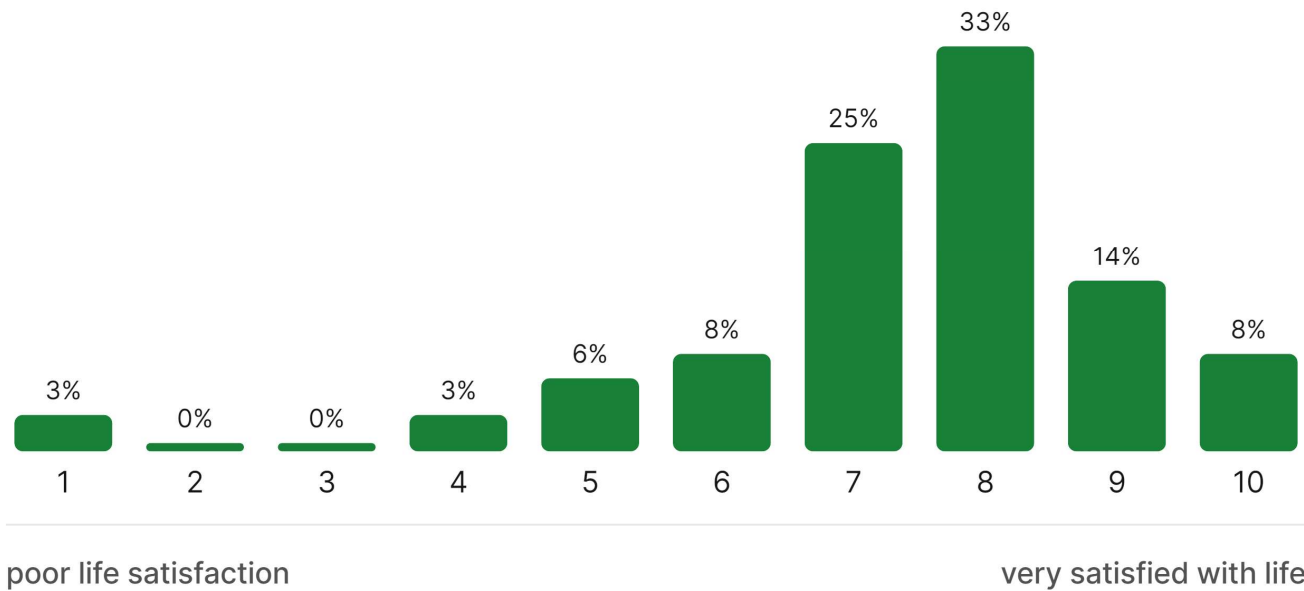
Mental wellbeing survey results July 2023



1. If wellbeing was described as how good you feel about yourself day to day and how satisfied you are with life. Over the past week, on a scale of 1 to 10 how you rate your level of wellbeing?

Rating Poll 36 votes 36 participants

Score: 7.4





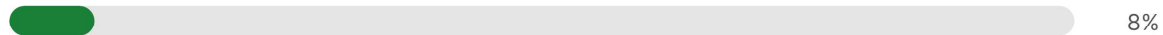
2. If we define stress to be a reaction to the feeling of being under too much mental or emotional pressure. Over the past month, how would you rate your stress levels?

Multiple Choice Poll 36 votes 36 participants

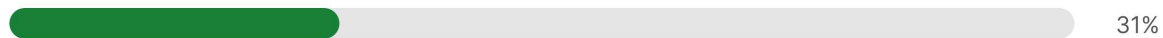
I've felt stressed all of that time - 0 votes



I've felt stressed mostly in that time - 3 votes



I've felt stressed fairly often in that time - 11 votes



I've had a occasional days feeling stressed in that time - 10 votes



I've had a day or two feeling stressed in that time - 9 votes



I've not felt stressed at all in that time - 3 votes

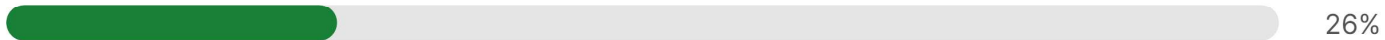




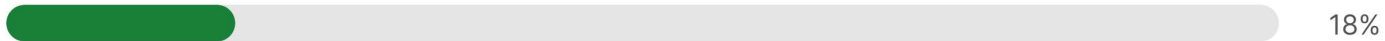
3. What generally causes you to feel stressed?

Multiple Choice Poll 34 votes 34 participants

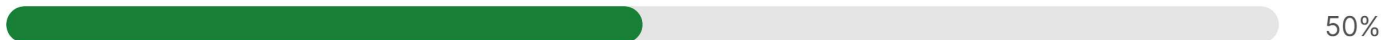
Your work life (might include hitting targets, managers, customers, processes, bureaucracy, month end, using new technology, etc.) - 9 votes



Your personal life (could include money worries or debt, relationships, issues within family, not enough time to do the things you find enjoyable) - 6 votes



Combination of both work and personal life - 17 votes



Other, please state (are there particular things at work or personally that cause you to feel stressed more often than not?) - 2 votes



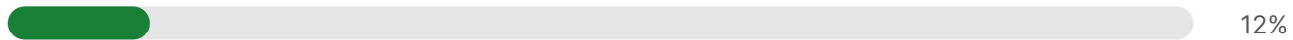
4. If you do find yourself having a bad day, feeling low or worried what do you tend to do?

Multiple Choice Poll 34 votes 34 participants

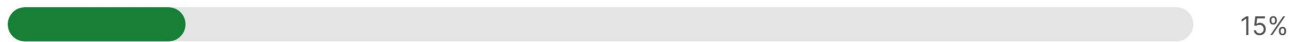
Go for a walk, exercise or do a hobby - 21 votes



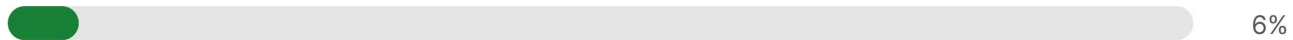
See friends and/or family - 4 votes



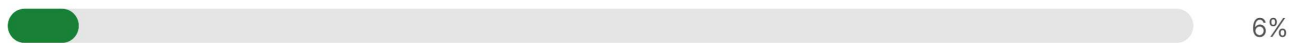
Have a drink - 5 votes



Get an early night - 2 votes



Shut yourself away - 2 votes





5. If you do find yourself having a bad day, feeling low or worried; who might you turn to for help or support?

Multiple Choice Poll ☒ 34 votes 34 participants

Friends - 7 votes



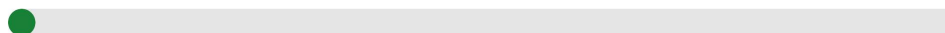
21%

Family - 18 votes



53%

Work colleagues - 0 votes



0%

Line manager - 0 votes



0%

HR - 0 votes



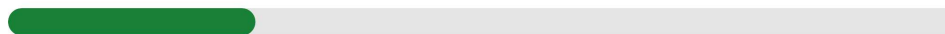
0%

Professional or specialist support - 0 votes



0%

No one - 9 votes



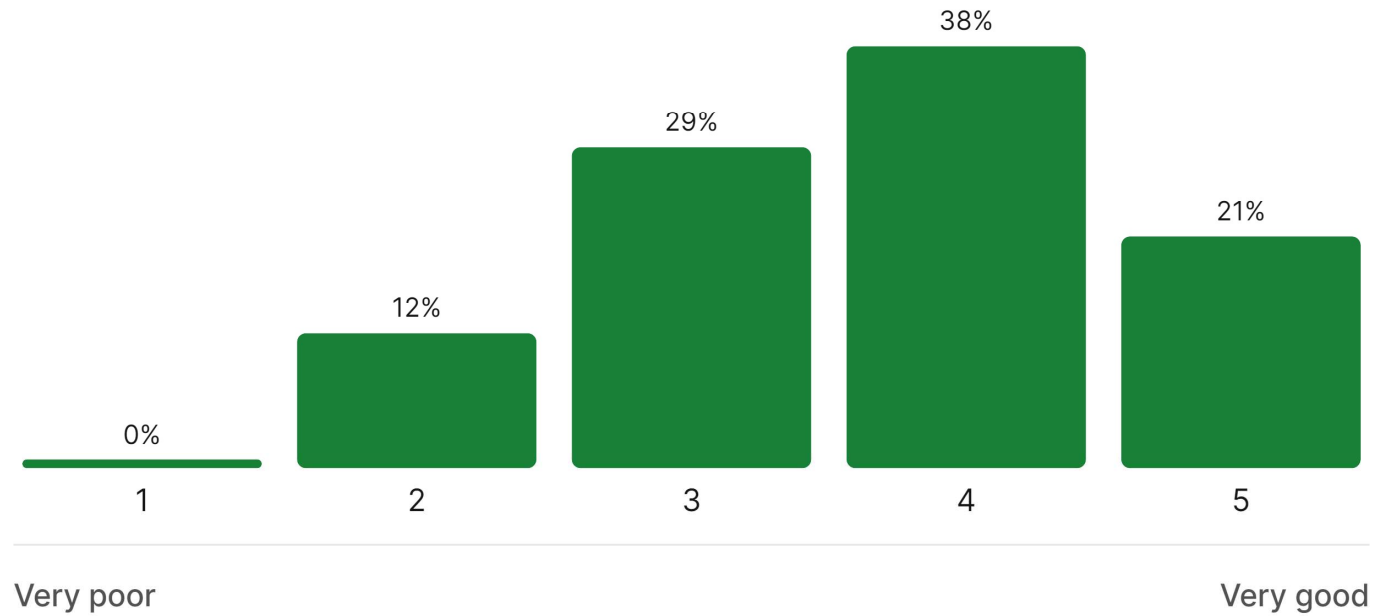
26%



6. Thinking about a typical night in the last month, how would you rate the quality of your sleep?

Rating Poll  34 votes  34 participants

Score: **3.7**

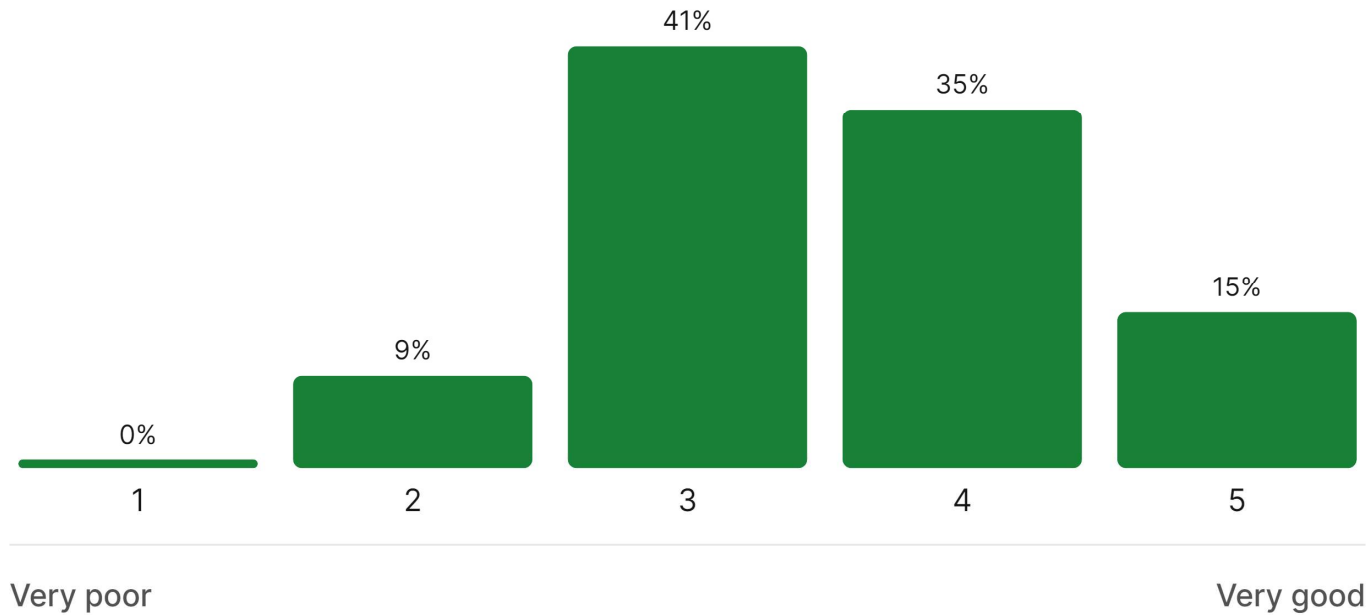




7. When thinking about your level of physical activity and fitness levels, how would you rate your physical health?

Rating Poll 34 votes 34 participants

Score: 3.6



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8. How well do you manage your time off and annual leave generally? Tick whichever sentence applies to you.

Multiple Choice Poll  33 votes  33 participants

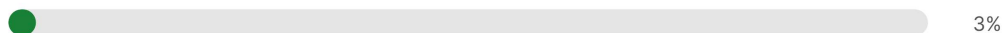
Always take my leave entitlement each year - 17 votes



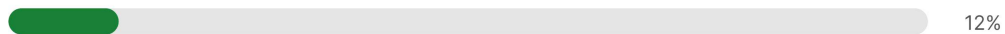
Very rarely use up all my leave entitlement each year - 2 votes



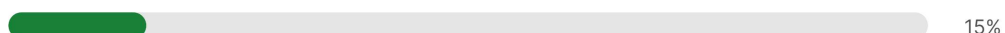
I take my leave but it's not evenly distributed throughout the year - 1 vote



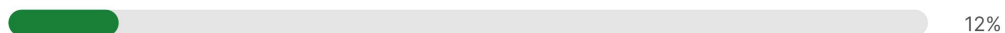
I take my leave to help support time out throughout the year - 4 votes



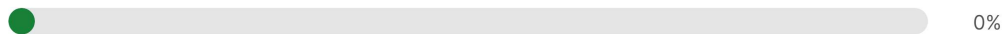
I don't really think about how and when I take my leave – I just take it when I need to - 5 votes



I feel I have enough leave to help support me to take time out from work - 4 votes



I don't have enough leave to help support me to take out from work - 0 votes



9. How understanding would you say your employer / team / colleagues is / are in supporting your mental health and wellbeing?

34 votes



34 participants

Score: 4.1





10. How open is your workplace culture in talking about mental health and wellbeing?

Rating Poll

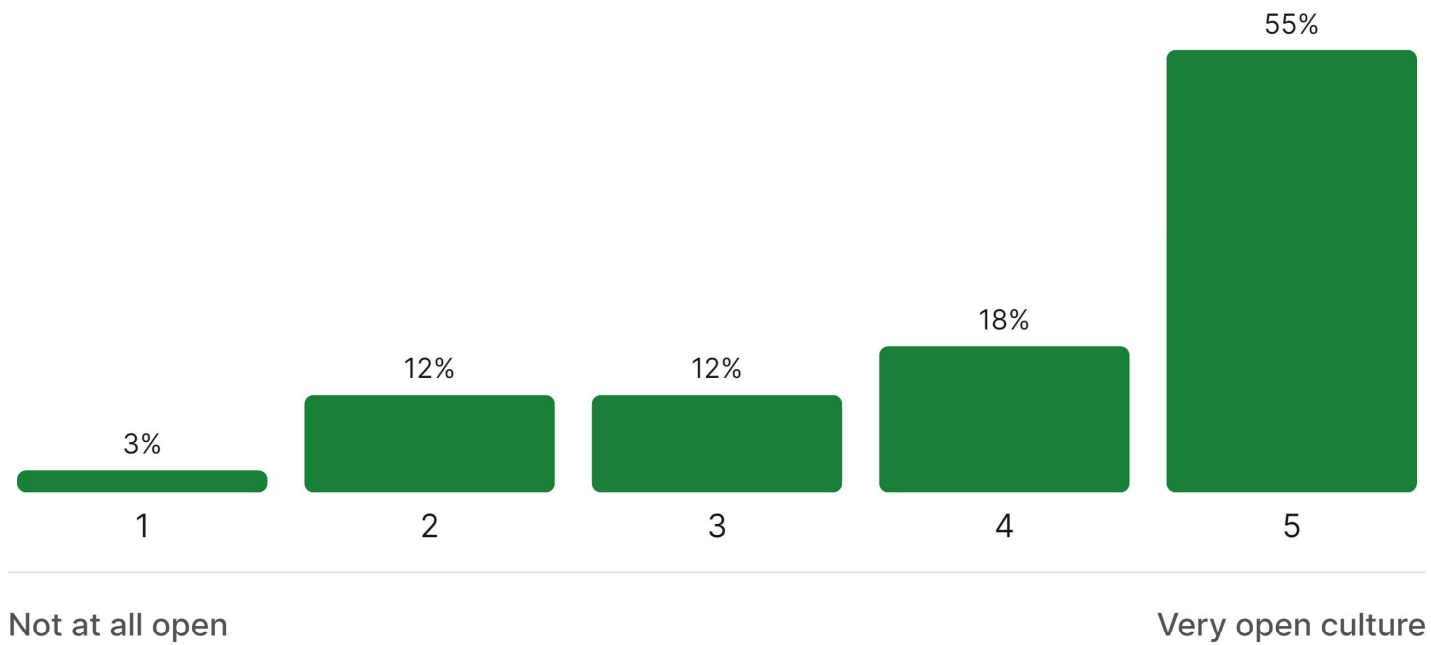


33 votes



33 participants

Score: 4.1



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