



World Mental Health Day Mental Health at Work Lunchtime Quiz

1. How many people in the UK will experience a common mental health condition, such as anxiety or depression every year?

- a. 1/10
 - b. 1/8
 - c. 1/4**
 - d. 1/2
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2. How long do the majority of people with a mental health problem wait before telling their closest family and friends about it?

- a. 1 months
 - b. 3 months
 - c. 7 months
 - d. Over a year**
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3. What percentage of work-related ill health does Stress, depression or anxiety accounts for?

- a. 15%
 - b. 26%
 - c. 49%**
 - a. 55%
-

4. What was the cost in the UK of mental ill health in the workplace last year?

- a. £4 billion
- b. £17 billion
- c. £33 billion
- d. £51 billion**



World Mental Health Day

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5. Name three common physical symptoms of stress

- **Fatigue:** Feeling tired or exhausted, even after sufficient sleep.
 - **Headaches:** Frequent or persistent headaches.
 - **Muscle tension:** Pain or stiffness in the muscles, often in the neck, shoulders, or back.
 - **Digestive problems:** Issues like constipation, diarrhea, or heartburn.
 - **Changes in appetite:** Eating more or less than usual.
 - **Sleep disturbances:** Difficulty falling asleep, staying asleep, or waking up feeling unrefreshed.
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6. Name two cognitive symptoms of depression at work

- **Difficulty concentrating:** Struggling to focus or pay attention.
 - **Indecisiveness:** Hesitating or having trouble making decisions.
 - **Memory problems:** Forgetting things or having trouble recalling details.
 - **Negative thoughts:** Ruminating on negative thoughts or beliefs
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7. How many days of sickness absence caused by mental health issues in the UK where there last year

- a. 3.7 million
 - b. 12.8 million
 - c. **17.1 million**
 - d. 24.3 million
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8. What proportion of people with mental health problems experience stigma?

- a. 10%
- b. 30%
- c. 50%
- d. **90%**



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9. What percentage of employees work outside contracted hours to get work done

- a. 11%
 - b. 23%
 - c. 36%
 - d. **51%**
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10. What percentage of employees use allocated time off (holidays) when unwell

- a. 11%
 - b. 23%
 - c. **36%**
 - d. 51%
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11. What percentage of employees would not share their mental health struggle with their employer.

- a. 18%
 - b. 23%
 - c. **66%**
 - d. 75%
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12. Which of the following is a common reason why people with mental health conditions may not seek help?

- a. Fear of stigma
- b. Lack of awareness of available services
- c. Financial concerns
- d. **All of the above**



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13. What is the role of a manager in promoting mental health in the workplace?

- a. To diagnose mental health conditions
 - b. To create a supportive and inclusive work environment**
 - c. To provide professional mental health treatment
 - d. To prescribe medication for mental health conditions
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14. What is the role of a mental health first aider in the workplace?

- a. To offer support and guidance to colleagues experiencing mental health difficulties**
 - b. To provide professional mental health treatment
 - c. To diagnose mental health conditions
 - d. To prescribe medication for mental health conditions
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15. List three self-care strategies you can incorporate into your workday:

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16. Which of the following is a benefit of offering mental health support in the workplace?

- a. Improved employee morale
- b. Reduced absenteeism
- c. Increased productivity
- d. All of the above**

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15. List three self-care strategies you can incorporate into your workday:

Self-Care Tips for the Workplace

Here are some self-care strategies you can incorporate into your workday:

Physical Self-Care:

- **Take breaks:** Schedule short breaks throughout your day to stretch, move around, or simply relax.
- **Stay hydrated:** Drink plenty of water to stay focused and energized.
- **Eat healthy:** Opt for nutritious snacks and meals to fuel your body.
- **Get enough sleep:** Ensure you're getting adequate rest to support your mental and physical health.
- **Practice good posture:** Maintain good posture while sitting at your desk to prevent discomfort and strain.

Mental and Emotional Self-Care:

- **Mindfulness and meditation:** Practice mindfulness techniques or meditation to reduce stress and improve focus.
- **Positive affirmations:** Repeat positive affirmations to boost your mood and self-esteem.
- **Time management:** Prioritize tasks and manage your workload effectively to reduce stress.
- **Set boundaries:** Learn to say no to additional work or commitments when you're feeling overwhelmed.
- **Connect with others:** Build strong relationships with colleagues and friends to provide social support.

Workplace Self-Care:

- **Create a comfortable workspace:** Customize your workspace to make it comfortable and inviting.
- **Take advantage of employee benefits:** Utilize any employee benefits or resources that can support your well-being.
- **Find a work-life balance:** Set boundaries between work and personal time to avoid burnout.
- **Seek support:** If you're struggling with stress or mental health issues, don't hesitate to seek help from a mental health professional or your HR department.