



Dear reader

In the following we provide you with our latest news about projects and good practice from the field of workplace health promotion.

Kind regards
ENWHP-Newsletter-Team

The current topics

How to create a mentally healthy workplace – A plan of action in 7 steps

This brochure "A guide to promoting mental health in the workplace - Employers Resource" has been written for employers and managers. It offers practical advice on managing and supporting people who are experiencing stress, distress and mental health problems. It is designed to be used as a source of practical help alongside the work. in tune with life. move europe campaign. [more...](#)

Absence from work is expensive

Average rates of absence across Europe are between 3% and 6% of working time and the cost is estimated to be about 2.5% of GDP. The most common causes of absence are health problems, although broader issues such as monotony and work-related stress are also mentioned in some countries. [more...](#)

Unacceptable behaviour, health and wellbeing at work

This research examined the relationship between three types of unacceptable behaviour at work (namely violence, bullying and incivility) from both internal (eg colleagues) and external (eg customers) sources, and employee health and wellbeing (ie levels of anxiety, depression, emotional exhaustion, post-traumatic symptoms, general mental strain and physical health symptoms). [more...](#)

Well-being and stress in small and medium-sized enterprises

This chapter in the "Handbook of Managerial Behaviour and Occupational Health" draws attention to the lack of concern about work-related stress problems in small and medium-sized enterprises. In their searches, the authors found one systematic review of over 15,000 workplace interventions on mental health, but none at all that reported any such interventions in SMEs. In this chapter the writers attempt to discuss the issues facing SMEs and put forward some proposals to address the challenges concerning stress and well-being. [more...](#)

Employment Week, the European Employment Forum, will take place on 24 & 25 November, in Brussels.

This acclaimed Conference and Exhibition continues to be one of the principal dates in the European employment calendar, as it attracts some of the most influential speakers in Europe. [more...](#)

IUHPE Conference 2010 – Workplace health promotion and mental health were special issues at this Conference

The 20th IUHPE World Conference on Health Promotion focussed on "Health, equity and sustainable development". This was an impressive and informative event with the involvement of more than 2,200 participants from 123 countries. The presentations, photos, videos, etc. are now available on the website. [more...](#)

Events & Dates

4-6 October 2010: Reykjavik, Iceland --- 55th Nordic Work Environment Meeting (Nordiska arbetsmiljömötet)
[more...](#)

6-9 October 2010: Bad Hofgastein, Austria --- 13th European Health Forum Gastein "The impact of the financial crisis and subsequent economic recession on health and health care"
[more...](#)

22-23 October 2010: Brussels, Belgium --- Mental Health Europe conference 2010 "CHALLENGING POVERTY – CREATING HOPE. BREAKING THE CYCLE OF POVERTY AND MENTAL HEALTH PROBLEMS"
[more...](#)

9-10 November 2010: Copenhagen, Denmark --- European Conference on Rehabilitation "The United Nations' Convention on the Rights of Persons with Disabilities and Rehabilitation in Europe: Effects on Individuals and Rehabilitation management"
[more...](#)

24-25 November 2010: Brussels, Belgium --- Employment Week 2010 - The European Employment Forum
[more...](#)

30 November to 1 December 2010: Colon, Germany --- Health as a Competitive Advantage "healthy work - shaping the future of world of work"
[more...](#)

8-9 March 2011: Birmingham, UK --- Health and Wellbeing @ Work 2011
[more...](#)

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