**Subject:** Mental Health and Wellbeing in the Workplace

**Maximum Time Allowed:** 3 hours

**Instructions**: Do not write on any part of the exam paper. All rough work should be done in your answer booklet. All questions carry equal marks. You are required to answer only FOUR questions.

Question 1

a. Examine five (5) emotional and physical responses to trauma. [10]

b. A way through which an employer can support employees experiencing mental health is by “planning to help prevent deterioration in employees’ mental health”. Discuss. [15]

Question 2

a. What is social wellbeing? What can it be applied to in an organization? [10]

b. Why does social wellbeing matter in the organization? Explain. [15]

Question 3

a. Examine five (5) factors that could potentially lead to a period of poor mental health in a person. [10]

b. Discuss five (5) common signs and symptoms of mental health problems. [15]

Question 4

By promoting a culture of openness around wellbeing and mental health, an employer is helping create a workplace that supports and promotes positive staff wellbeing and mental health. Discuss. [25]

Question 5

What is stress? How can an employee manage stressful busy periods at work? Discuss in detail. [25]

Question 6

a. Describe five (5) characteristics of people who are mentally healthy. [10]

b. Evaluate the use of Wellness Action Plans (WAP) in supporting employees who are experiencing mental health problems. [15]