



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

Over half of the Mental Health Checks have been filled in by small and medium-sized companies

More than 1500 companies have reviewed their Mental Health Promotion activities by completing the Mental Health Check. 55,9 % of them are small and medium-sized companies and surprisingly 28,6 %, with less than 50 employees. [more...](#)

Work related stress - together we can tackle it

Under the title "Work related stress - together we can tackle it" the Health & Safety Executive (HSE) has developed a useful online Stress portal. It is set up to help prevent work related stress in compliance with existing laws: What is work related stress? How can I start dealing with my own personal issues? How can my organisation tackle work related stress - Business case studies? [more...](#)

Stress Management for Small Businesses

Work-related stress is the biggest health threat to UK employees and comes with a hefty price tag for businesses. This is particularly true for small businesses. Business Mentality specialises in support for small businesses with a business-led, practical approach to the understanding of work-related stress and provides tools to manage it. [more...](#)

Working overtime is bad for the heart

The research, which is published in the European Heart Journal, found that compared to those working a normal eight-hour day, people who worked eleven or more hours a day had a 60% higher risk of heart-related problems such as death due to heart disease, non-fatal heart attacks and angina. [more...](#)

Book References

Stress

The book is packed with up-to-date research and practical advice and covers all the different stages of managing stress in the workplace, from awareness of the issues to auditing staff and implementing targeted solutions. [more...](#)

The Bully at Work. What You Can Do to Stop the Hurt and Reclaim Your Dignity on the Job

A landmark book that blazed light on one of the business world's dirtiest secrets, The Bully at Work exposed the destructive, silent epidemic of workplace bullying that devastates the lives, careers, and families of millions. [more...](#)

Events & Dates

9-10 September 2010: Nottwil, Switzerland --- Swiss Public Health Conference "Health and social responsibility - Promoting health by actively addressing social determinants"
[more...](#)

28 September to 2 October 2010: Roma, Italy --- 8th International Scientific Conference "HEALTH, WORK AND SOCIAL RESPONSIBILITY"
[more...](#)

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...](#)