

## Individual Case study "M"

### *Background:*

A 38 year old, Facilities & Supplies Manager, in a petrochemical company. She had been recently promoted into a more senior & strategic role which increased her financial accountability and staff responsibility.

### *Signs:*

Low confidence & self esteem  
Anxiety about how she was performing  
Rapid increase in weight & dissatisfaction with image  
Constant tiredness, reduced energy and sense of lethargy  
No interest in socialising and family activities  
Gynaecological pains & hormonal irregularities

### *Causes identified from analysis discussion:*

Working very long hours and travelling for long periods each day drained her energy. Increased time away from home  
Pressure to reduce costs through staffing cuts and constant drive for greater efficiency whilst work volumes were increasing  
Still doing part of her previous job  
Snack eating and loaded carbohydrate diet  
She had sought no real medical/health help with her potentially serious conditions which were increasing in line with growing anxiety

### *Actions*

Review & discussion with her director to influence workload, staffing, targets and delegation. Immediate consultation with an appropriate specialist to arrange appropriate medical action  
Discussion with her partner over home location and travel arrangements  
Weekend Yoga/Pilates exercise programme with friends providing social support  
Evening and pre-sleep routines

### *Results:*

Purchase of a new house reduced travel time by 50%.  
Combining business trips reduced the amount of time away from base & home by 30%.  
Specialist and homeopathic support reduced pain dramatically and improved sleep by 50%. Greater energy at the weekends.  
Return of confidence and enthusiasm to old levels.  
Increased management support and revised realistic targets. Increase in specific resource support  
Dietary improvement, as she increased her vegetable and fruit intake. Small weight loss was observable and most importantly she felt/looked fitter and healthier