

## **MODULE 2**

### **A New Look at Shiftwork**



#### **Overview**

Attitudes, opinions or mindsets shape our ways of looking at shiftwork. 30% of Canadian workers are shiftworkers. There are two mindsets to work on. The first mindset is that of the shiftworker. The second mindset is that of the people who are connected to the shiftworker. Changing attitudes, opinions or mindsets is often as simple as seeing the positives for yourself and planning positive messages to say to yourself and others.

**Is shiftwork difficult  
or just different?**

#### **Key changes in mindset include:**

- Working shifts is normal too!
- A shiftwork lifestyle is nothing to feel guilty about.
- Healthy shiftworkers are healthy people.
- Families can enjoy shiftwork.
- Feeling guilty about shiftwork is not productive.
- There are advantages to working shiftwork.
- Shiftwork leads to other opportunities.
- The rest of the world can understand shiftwork.
- The challenges of shiftwork are just that - challenges to be dealt with.
- There are many ways to make healthy shiftwork choices.



### David - Age 28, Bus Driver

*“After my first nine months of working shifts (afternoons and nights), I decided to quit hating it and stop complaining about it. When you focus on how difficult it is, the shifts are long and you are exhausted at the end. I started telling people how easy it is to shop at 9:00 AM. I told them how easy it is to find parking at the mall. I shared how I take my wife and children out for lunch. My friends started looking at my*

*shiftwork in a different light - and so did I!”*

**Shift your thinking about shiftwork!**



## Activity

### Activity # 2.1 - Advantages and Challenges of Shiftwork

What are the advantages you experience because you work shifts?

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What are the challenges you experience because you work shifts?

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