LIFESPEAK

WHAT DOES YOUR MENTAL HEALTH LOOK LIKE?

Mental Health at Work

EXPLORE FURTHER

When asked to pinpoint the biggest source of stress in their lives, an overwhelming number of people cite their work. Tight deadlines, diminishing job security, long hours, and heavy workloads are often to blame for feeling disengaged and burnt out. But this isn't always the case. Other people see work as an opportunity to express themselves or sharpen their skills. They are therefore able to use their job as a way of supporting their mental health.

Regardless of how we feel about our jobs, we all face workplace challenges from time to time that can negatively impact our mental well-being. This week's resources focus on topics like workplace bullying and harassment, supporting a colleague through trauma, and controlling our anger at work.

Also in this campaign:

Mental Health and Your Body
Mental Health and Your Mind
Mental Health and Relationships

Get started with the Campaign : What Does Your Mental Health Look Like?

START