

MENTAL HEALTH IN THE WORKPLACE



MENTAL HEALTH TRIGGERS

NO SLEEP

It is essential for the body to have a **regular sleep cycle** in order to optimise the function of the brain. Not having enough will stop the brain resetting properly to prepare for emotional challenges the next day.

DEPRESSION

Depression is a long-lasting **low mood disorder**. Depression can affect a person's motivation to do or enjoy anything which can slowly deteriorate one's physical health.

STRESS

Stress can be a cause or **trigger** for poor mental health. Stress can become overwhelming for an individual, making any existing disorders worse or frustrating to cope with.

ANXIETY

Anxiety can be feelings of **stress, panic and nervousness**, preventing one from doing their everyday tasks or entering social settings. **Intense and overwhelming** periods of anxiety may trigger a panic attack.

OCD

OCD is an anxiety disorder in which **unwelcome thoughts or worries** are continuously repeated in a person's mind. **Compulsive behaviours** are carried out to reduce the anxiety caused by their repetitive thoughts.

Mental health concerns can occur when:



HOW CAN WORKPLACES IMPROVE STAFF WELLBEING?

- 1 Keep in regular contact with your colleagues and employees
- 2 Speak candidly about mental health and encourage others to do so
- 3 Provide staff with the necessary websites and online advice
- 4 Encourage a healthy work/life balance with all employees
- 5 Encourage positive coping mechanisms at work for all levels of staff

Mental Health Tips In The Us Store Hours

Eric A. Rossen, Robert V. Hull



Mental Health Tips In The Us Store Hours:

This book delves into Mental Health Tips In The Us Store Hours. Mental Health Tips In The Us Store Hours is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Mental Health Tips In The Us Store Hours, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Mental Health Tips In The Us Store Hours
 - Chapter 2: Essential Elements of Mental Health Tips In The Us Store Hours
 - Chapter 3: Mental Health Tips In The Us Store Hours in Everyday Life
 - Chapter 4: Mental Health Tips In The Us Store Hours in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Mental Health Tips In The Us Store Hours. The first chapter will explore what Mental Health Tips In The Us Store Hours is, why Mental Health Tips In The Us Store Hours is vital, and how to effectively learn about Mental Health Tips In The Us Store Hours.
 3. In chapter 2, this book will delve into the foundational concepts of Mental Health Tips In The Us Store Hours. The second chapter will elucidate the essential principles that need to be understood to grasp Mental Health Tips In The Us Store Hours in its entirety.
 4. In chapter 3, the author will examine the practical applications of Mental Health Tips In The Us Store Hours in daily life. The third chapter will showcase real-world examples of how Mental Health Tips In The Us Store Hours can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Mental Health Tips In The Us Store Hours in specific contexts. This chapter will explore how Mental Health Tips In The Us Store Hours is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Mental Health Tips In The Us Store Hours. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Mental Health Tips In The Us Store Hours.

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