



It's OK to not be OK.

Work can play a huge role in your overall health and welfare. In addition to the financial benefits, your job can add meaning, structure, and purpose to your life. It can also provide you with a sense of identity, bolster your self-esteem, and offer an important social outlet. However, working in a negative environment can have the opposite effect and take a heavy toll on your emotional health.

Just as work can impact your mental health, so too, your mental health can affect your work, impacting your job performance and productivity. In fact, recent estimates suggest mental health issues cost the global economy \$1 trillion annually in lost productivity, absenteeism, and staff turnover.



See the signs.

We all have bad days, and symptoms of mental health problems can vary wildly according to the condition and the person experiencing them. If you or a colleague are experiencing any of these, it could indicate that it's time to reach out for help:

- **Decline in performance at work.** Performing daily duties at home or at work is now a struggle.
- **Trouble concentrating.** Focusing on tasks is difficult.
- **Changes in appetite or sleep patterns.** Not sleeping, sleeping too much, sudden changes in how much you're eating, or relying on drugs and alcohol.
- **Changes in mood.** Uncharacteristic mood swings, a feeling of perpetual hopelessness, suicidal thoughts.
- **Loss of interest.** You withdraw from hobbies, activities and social activities.
- **Fear or nervousness.** Feeling overly fearful or suddenly nervous in settings where you never felt that way before.
- **Increased sensitivity.** Sights and sounds are now over-stimulating and difficult to withstand.
- **Unusual behavior.** You're simply not acting like yourself.
- **Unexplained aches and pains.** Headaches, upset stomach, muscle pain.

