

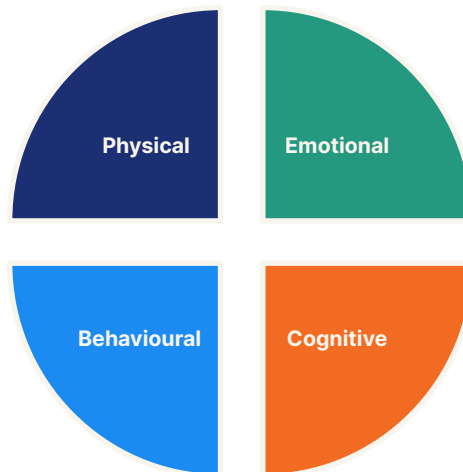
# Confronting the Uncomfortable: Navigating Mental Health Conversations

## Key Takeaways

1

### Common Effects of Stress

Headache  
Muscle Tension / Pain  
Heart Palpitations  
Fatigue  
Sleep Problems



Feeling Overwhelmed  
Agitated / Irritated  
Frustrated  
Lack of Motivation  
Sadness / Depression

Changes in Appetite  
Addiction  
Inability to Focus  
Procrastinating  
Social Withdrawal

Forgetfulness  
Being Pessimistic  
Poor Judgement  
Constant Worrying  
Racing Thoughts

2

### What Does Poor Mental Health Look Like In The Workplace?



Uncharacteristic behavior



Appear disinterested,  
distracted, lethargic



Inability to make decisions



Isolate themselves;  
Refusing to eat with co-workers



Increased absence



Irrational fears & anxieties

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## Key Takeaways

3

Common challenges individuals face when communicating their mental health at work



**Misconception**

“Talking about mental health means that I am weak”



**Fear**

of being perceived as incapable, potentially jeopardising their jobs



**Fear**

of manager’s resistance/ refusal to accommodate their needs



**Uncertainty**

about how to initiate a conversation about mental health



**Uncertainty**

about how to express themselves effectively in such conversations

4

Start communicating about mental health at work

**How do we initiate a conversation about mental health?**

Who should you approach?

Aspects you can cover

Where should you have these conversations?

**How do we express ourselves effectively?**

Staying calm

Using “I” statements

Practice