

# Mental Health At Work

## Action Planning

### Diligence

- Take a step back and think about your current work environment. Would you say there is an open door policy for employees to approach superiors for discussion? Have there been any symptoms or signs of depression and anxiety with your colleagues?
- Take time to request a discussion with your manager about concerns you may have regarding employee mental health. Could there be more practice of cognitive hygiene? Or could there perhaps be some room for morale building within the team?