

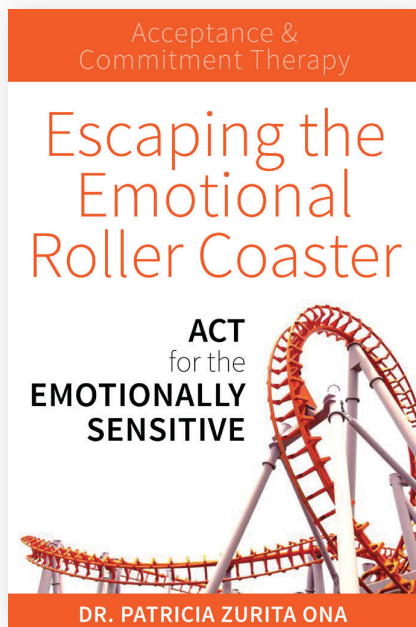
# Mental Health in the Workplace

More and more companies are realizing the critical importance of mental health in the workplace. Unfortunately, for many of us work can be a source of stress and disappointment. One in four people say that work is a major source of anxiety.

Anxiety about work is increasingly common as some skills become obsolete, employees or contractors face pressure to up-skill faster and faster, new companies emerge and large companies are going out of business. People are worried about losing their jobs, struggle with performing at their best, reduce their productivity, lose their creativity, doubt themselves (impostor syndrome), and deal with sense of being unappreciated, to name a few struggles faced by regular people working ordinary jobs.

Even though all this is happening, **barely one quarter of employees tell their boss about their mental health issues.** All employees, regardless of their position, training, or expertise in a particular topic, need to get better at managing their emotions. An emotionally competent employee is an asset for a company because they know how to keep their emotions in check, don't let mind noise distract them from what's important, receive feedback effectively, negotiate based on what matters and keep their personal values and the company values aligned.

Written by an expert on assisting clients to regulate their responses to emotions, *Escaping the Emotional Roller Coaster* offers skills that can be applied to everyday work life.



## Escaping the Emotional Roller Coaster

*Act for the Emotionally Sensitive*

**Dr Patricia Zurita Ona**

Jumping to conclusions about how people judge us at work ... getting hurt when receiving feedback ... and being distressed by the slightest setback and dwelling over how we perform is the norm, not the exception. For some people, these patterns keep them awake at night. They wake up exhausted, and feel like they barely survive each day at work. This book is about helping employees to manage their emotional experience and shift from surviving to thriving. The result is a life lived in line with your personal values, surrounded by fulfilling, loving relationships.

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Source for Statistics: <https://www.bustle.com/p/9-workplace-mental-health-statistics-that-show-why-this-years-world-mental-health-day-theme-is-so-important-2840292>