



# Mental Health Worksheet

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## Healthy OR Toxic Workplace Environment

Do you feel your efforts and work receive appreciation? **Yes** **No**

Is there healthy communication and transparency in your team? **Yes** **No**

Do you feel you are given opportunities to present your ideas/opinions? **Yes** **No**

When your friends/family ask you if you are happy at your work place you say: **Yes** **No**

Do you feel heard if and when you communicate about issues you face? **Yes** **No**

Is your boss/manager realistic about the workload and working hours? **Yes** **No**

Have you found yourself thinking about or looking for another job lately? **Yes** **No**

Has work related stress negatively impacted your mental or physical health? **Yes** **No**

Count the number of times you chose 'NO', if it is more than 4, then maybe it's time for a change!

Please note that this is just for awareness purposes