Wellness – Mental Health at Work Picture This



This image shows a worker overwhelmed by stress at his desk, surrounded by stacks of paperwork and holding his head in frustration. The posture and expression indicate mental fatigue, a common issue in high-pressure office environments. When workloads are unbalanced and support is lacking, employees can suffer from burnout, anxiety, and depression.

Mental health at work should be treated as seriously as physical safety. Employers must promote wellness through clear workload expectations, regular check-ins, and access to mental health resources. Simple measures like breaks, flexible hours, and open communication can reduce psychological strain. Ignoring mental health in the workplace doesn’t just affect individual wellbeing—it also lowers productivity and

increases absenteeism across the team.