



# Peace of Mind

...before I give you a piece of my mind?

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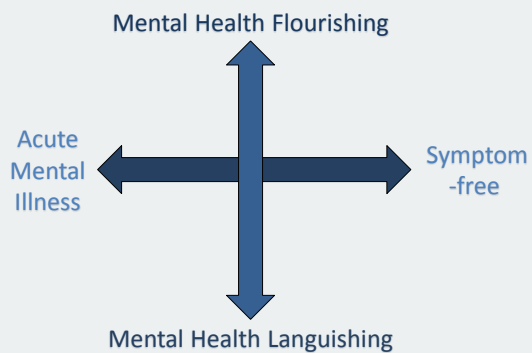
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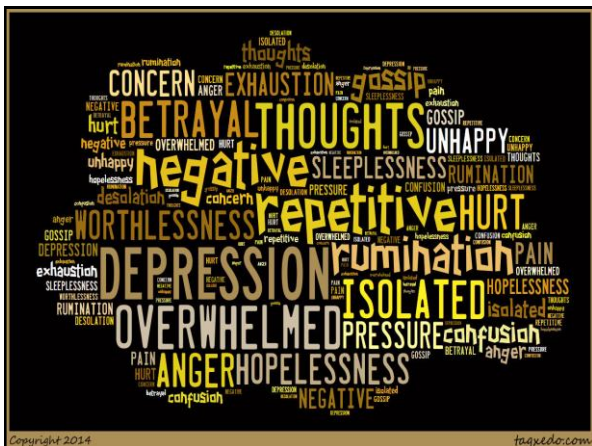
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**Working Through It**  
Stories of overcoming self-doubt at work.  
Get work and relationships to work.

A video-based resource that speaks to those struggling with work and life issues – even if they are not sure why.

**mental health works**



[www.workplacestrategiesformentalhealth.com](http://www.workplacestrategiesformentalhealth.com)



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## Techniques and Strategies

1. Check up from the neck up
2. Awareness of our emotional triggers
3. Downward arrow
4. Understanding anger, guilt, and pessimism
5. Redirecting negativity
6. Before you say yes or no – ask why
7. Double standard
8. Understanding our resistance and ability to change
9. Differing perceptions
10. Let it go

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One in five people will experience a mood disorder in their lifetime, and less than one half will seek treatment. Take care of your mental health. Get your check-up today!

**CHECK UP** from the **NECK UP.ca**

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**Most common trigger at work?**

1. Whining, blaming, justifying
2. Aggression, anger, threats, sarcasm
3. Silent treatment, passive aggressive, crying
4. Lying, cheating, manipulation, deceit
5. Criticism, teasing, judging

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**Guilt**

- Guilt is a waste of energy – It doesn't improve it, it doesn't make amends, and it avoids acceptance
- Guilt can be a way to feel you had control

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## Downward Arrow Technique

### Negative Thoughts

1. I might flunk the test. ↓
2. Then I'll look bad in front of my colleagues. ↓
3. Then they'll lose respect for me. ↓
4. That would mean I'd wasted all my time and money. ↓
5. Then everything I've lived and worked for will go down the drain. ↓
6. That would mean I was a failure. ↓
7. That would mean I was worthless.

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Optimist  
or  
Pessimist?



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### Negativity



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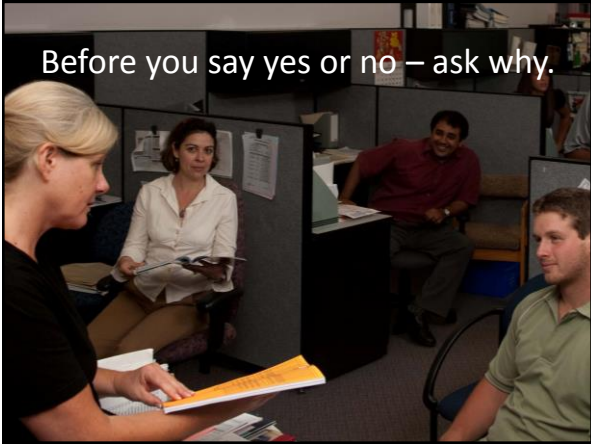
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When I am angry...

1. I don't get angry or I walk away.
2. I hope for the best, pray or meditate.
3. I clean/workout/work harder/etc.
4. Have a glass of wine/eat chocolate/etc.
5. Let people know it!

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When apologies increase anger

A photograph of a man in a dark suit and tie sitting at a desk, looking towards a woman whose back is to the camera. The scene appears to be a professional meeting or interview.

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How easy is it for people to change?

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Let it go and breathe

- Why worry?
- Gauze
- Shake it off
- Higher power



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What will you do differently  
✓ for yourself?  
✓ for others?

[www.mindfulemployer.ca](http://www.mindfulemployer.ca)

[www.maryannbaynton.com](http://www.maryannbaynton.com)

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