Peace of Mind

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

Mental Health Flourishing

Acute Mental Illness

Symptom-free

Mental Health Languishing

Concern, exhaustion, thoughts, gossip, anger, repetitive thinking, depression, hopelessness, pain, confusion, overwhelmed, isolated.
A video-based resource that speaks to those struggling with work and life issues— even if they are not sure why.

www.workplacestrategiesformentalhealth.com

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
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

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
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.

Optimist or Pessimist?

Negativity
Before you say yes or no – ask why.

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!

When apologies increase anger
How easy is it for people to change?

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?

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