IMPORTANCE OF MENTAL HEALTH IN THE WORKPLACE

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Just in recent years, the term mental health was popularized and became the talk of the world. Mental health entails the emotional, social and psychological well-being and condition of a person. It is indeed important in work and the mental health of the people in the organization should be given attention.

Mental health is important in work because it determine how one would feel and act in times of work. This connotes that is someone has a good state in mental health, he or she should do things efficiently and effectively.

Mental health also brings positivity in work. If we take good care of the mental health of the people in the organization for sure they will be optimistic and do great things with positivity. People who think well are much inclined to be hopeful.

Mental health that became the top priority in the organization would lead to success in operations. The employees would function in accordance with their job descriptions, duties and responsibilities. There are evidences of rational and logical thinking and actions among them.

Mental health leads to the employees' productivity. When mental health is assured then the people in the workplace would be more contributory and productive in attaining the various outputs and accomplishments needed in the organization.

Mental health in the workplace is a manifestation of support coming from top management to the subordinates. We need people who understand and appreciate us

because it is through having a support system that we attain emotional, social and psychological well-being.

Mental health and its attainment in every employee would help resolve the problems in stress, depression, failure, illness and other mental disorders that occur when somebody is not mentally stable.

Mental health is a very significant aspect in every individual that needs more attention because it affects the performances of work within the organization.

It is just proper to safeguard and protect the mental health of each member of the group.

References:

What Is Mental Health? https://www.mentalhealth.gov/basics/what-is-mental-health

Mental health in the workplace: why is it important and what support is available? https://www.betterup.com/blog/mental-health-in-the-workplace

27 May 2022