A MINDFUL HEALTH: MENTAL HEALTH IN THE WORKPLACE

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The challenges faced by many in various workplaces for the past couple of years enhanced by the threat of pandemic has increased the level of stress among employees and employers. The major shift in the work set-up to address the safety of everyone became a priority of numerous employers. The increased in stress and mental issues due to unsatisfactory working conditions among employees had been a top priority of the department to address to further encourage friendly and safe working environments.

Exposure to "unhealthy" working circumstances, sloppy task organization, and psychological dangers can all contribute to mental illness. However, work may sometimes exacerbate mental illness rather than cause it. The level of stress and pressure in work can be a contributory factor leading to mental breakdown. We must be mindful that mental health issues may unavoidably occur at work, even in environments with a strong health culture, and in these cases, employers should assist their employees who seek help. Healthy workplace cultures may be established and maintained to stop tragedies from happening and to encourage those who are suffering to get evidence-based interventions free from the shame of seeking assistance.

Mental health issues affect productivity of an individual in the workplace, more so, among negative effects of such includes efficiency and productivity at work. commitment to one's work having conversations with coworkers. physical fitness and regular activities.

Promoting awareness among employees steered by employers about the significance of stress management and mental health must be atop solution of the

department. Workplace must promote positive and healthy environment vis-à-vis with various intervention that address individuals with mental health issues. A fundamental component of an employer's and the state's duty is to ensure that every person has access to a workplace that is safe and does not negatively impact their bodily or mental health.

As problem arises, we find solutions to become resilient and mindful; among solutions include providing training on workplace mental health, improving communication to specific audiences on the science behind and practice of workplace mental health, launching public policy initiatives, and cooperating with business schools are some of the ways to build the evidence base to support intervention strategies.

Personnel may practice different routines and activities that may promote healthy working environment and wellness; some of which may include when appropriate, discuss personal experiences with others to lessen stigma; Be receptive to the thoughts and feelings of your coworkers. Encourage individuals to get help by expressing empathy and providing support from your peers; Adopt actions that support mental and stress management; Get enough sleep every night, engage in regular exercise, and consume nutritious, well-balanced meals; Participate in relaxation and stress-reduction exercises including yoga, meditation, and mindfulness practices; Create and maintain genuine, in-person social ties; Spend some time thinking back on good times and expressing joy and thanks; Establish and work for personal, health, and professional goals, and request assistance when needed.

At the end, there must be coordination and integration across different viewpoints to comprehensively improve mental health in the workplace and make genuine progress.

References:

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