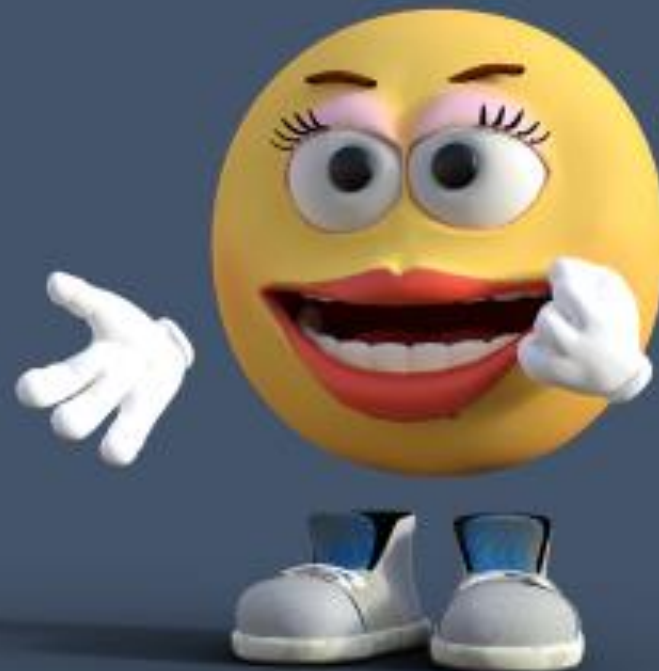


Express Your Stress Level

Consider this a
work-friendly way
to communicate
your well-being.



Acknowledgment

This training is presented under grant number SH-000072-SH3 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



Objective

It is common to feel stressed or overwhelmed in the workplace from time to time, but a person may not feel comfortable expressing it verbally or asking others for help. Sometimes a person needs a moment to recharge, recenter, or re-collect themselves after a challenging experience. The purpose of this document is to share examples of how a person can potentially communicate their mental well-being in the workplace.

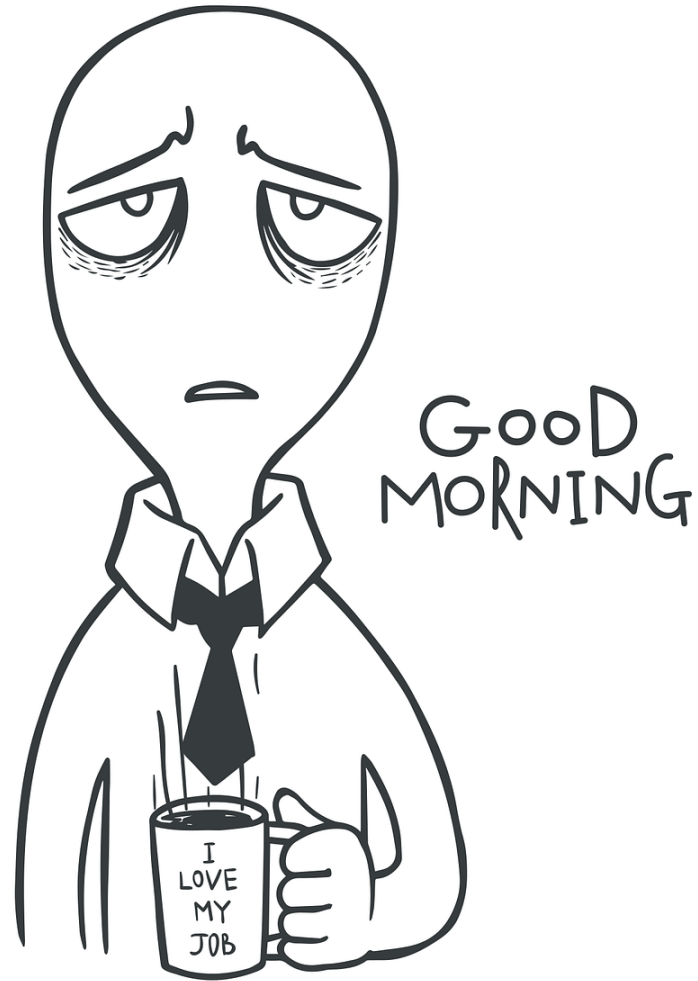




Alright, I think I am doing too much. I may need a redesign. Any suggestions?



Stretched
like a rubber
band,
but no
bounce
back.



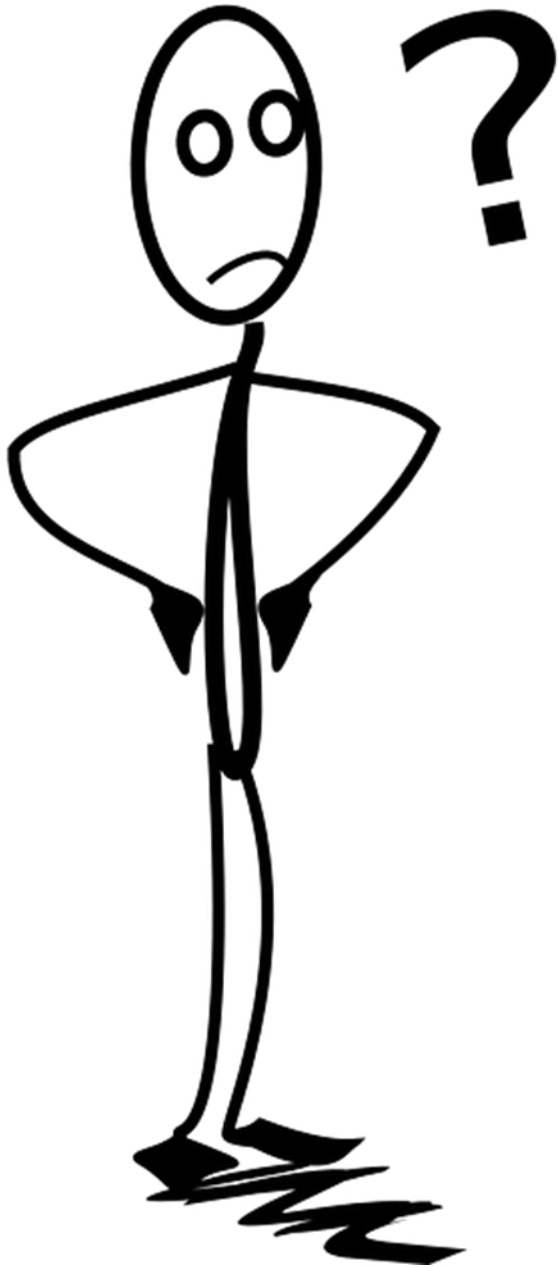
Yelp, I'm exhausted ... but, hey, I'm here!



Woohoo! In my sweet spot ...
feeling balanced.



Found my rhythm and flowing in my zone.
Don't stop the music.

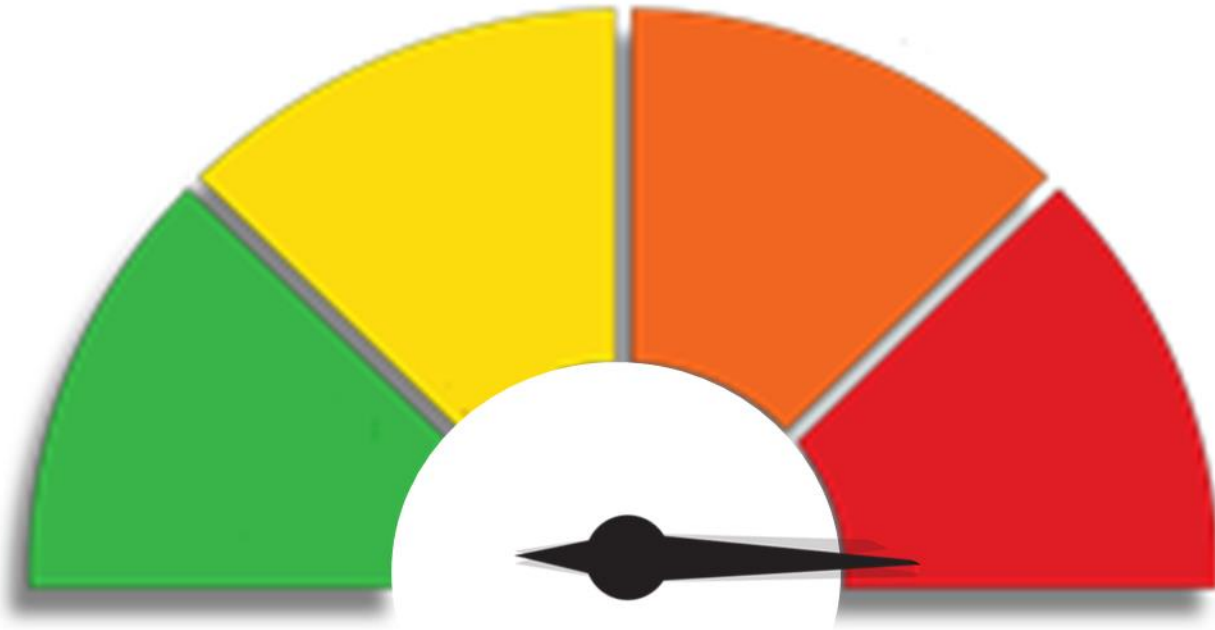


Feeling some type
of way.

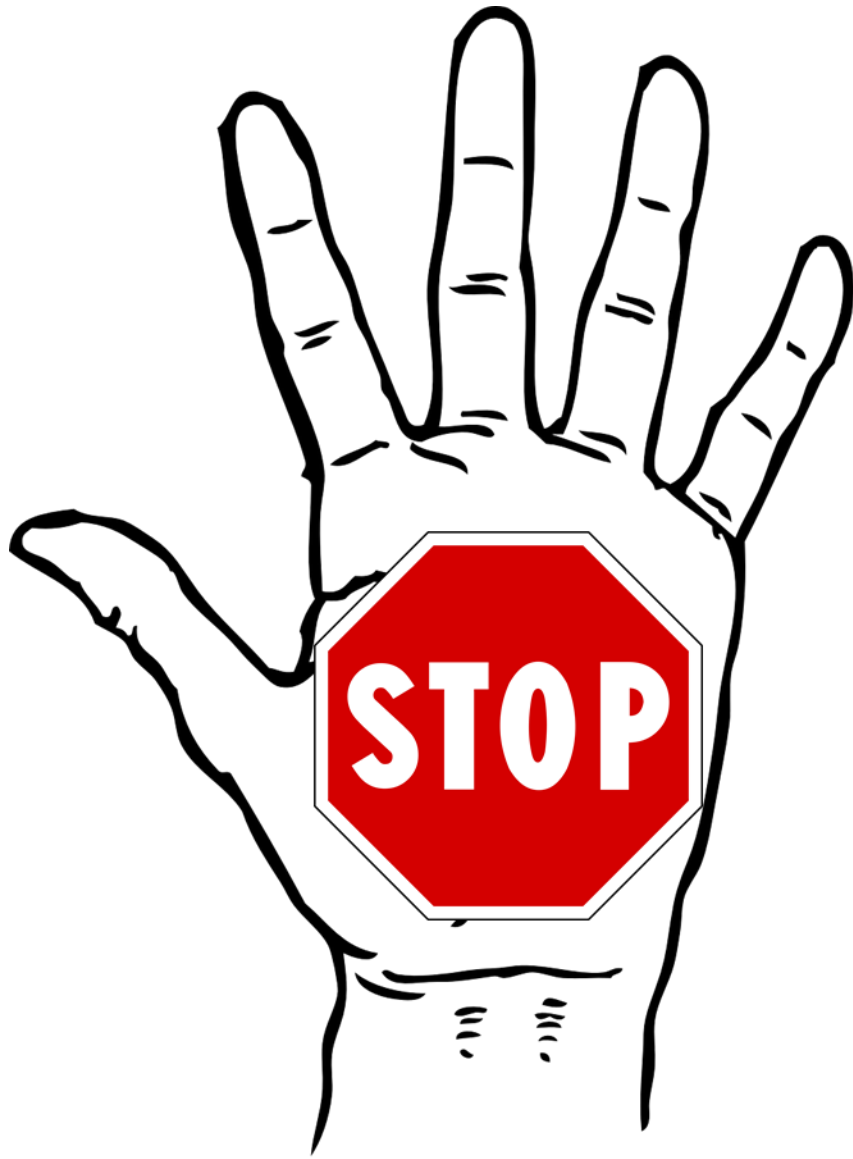


**Timeout ...
I'm mentally
exhausted.**

At my max



capacity



Overload

I'm glad to talk
if you can help
me unpack
the weight.



Wait ...

Not today.
My cup is filled
to the brim.
Is a rain check
possible?



My window
of tolerance
is narrow
right now,
so I need
you to make
it quick
and simple!



Look, I don't know what else to say. I'm hanging outside my window of tolerance today.

I need to switch off for a moment.



I need a timeout to avoid burnout.

In timeout





Mentally fatigued ... just mentally fatigued.



**I feel a mental
shift ahead**

Psst!
Want to know a secret?
I'm up to my ears
in work.

