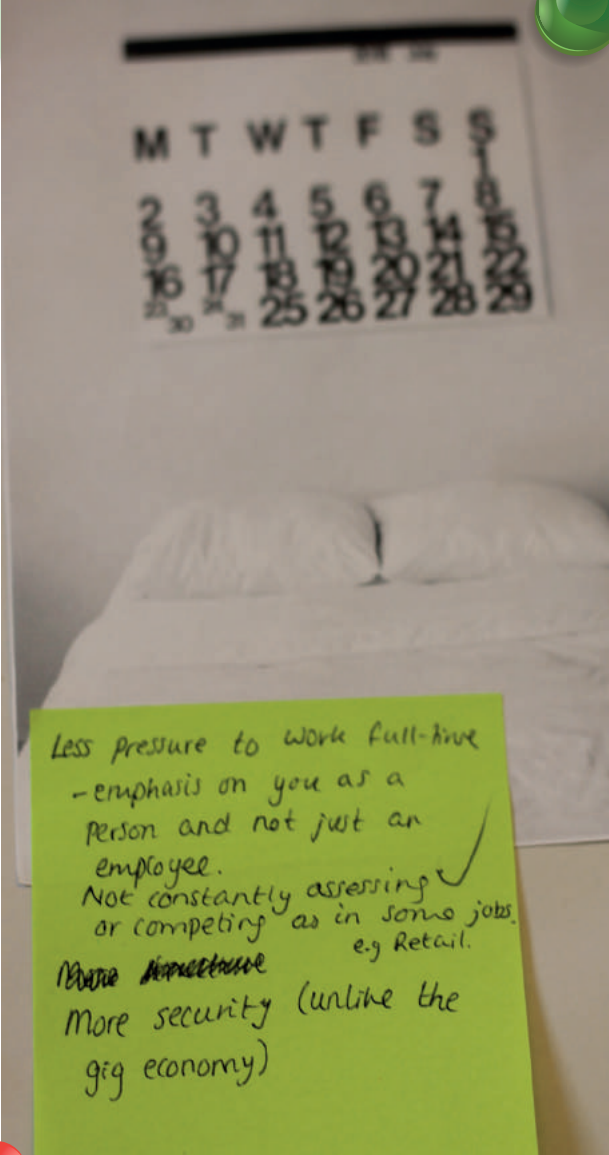


WORK



A calendar on a wall with a white pillow in front of it. The calendar shows the days of the week (MTWTFSS) and the numbers 1 through 29. The numbers 1 through 29 are arranged in a grid. The numbers 1 through 29 are arranged in a grid. The numbers 1 through 29 are arranged in a grid.

M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

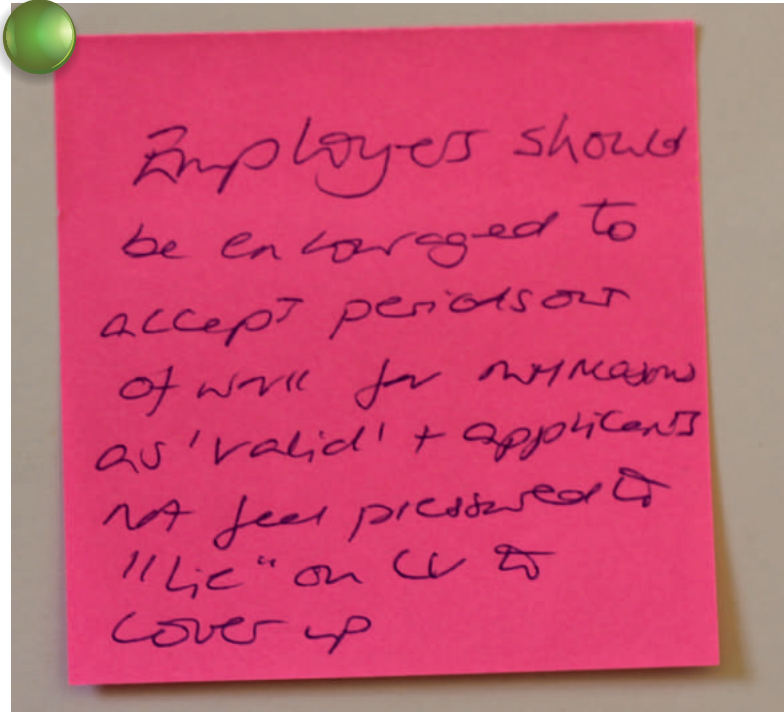
Less pressure to work full-time
- emphasis on you as a person and not just an employee.
Not constantly assessing or competing as in some jobs. e.g. Retail.
~~More structure~~
More security (unlike the gig economy)

make more opportunities for employees to reduce work hours / take part leave - this is sometimes more valuable than higher pay

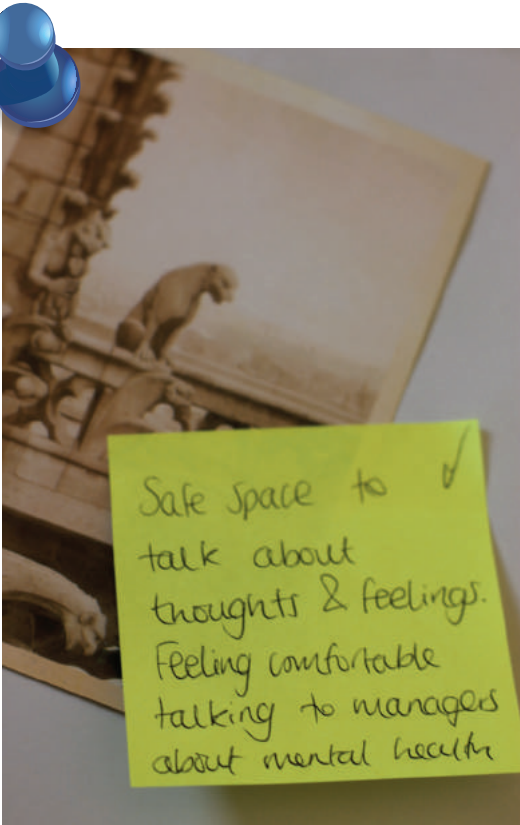
Less pressure to respond to emails
IMMEDIATE

time for reflection / encouragement to think about the emotional impact of work

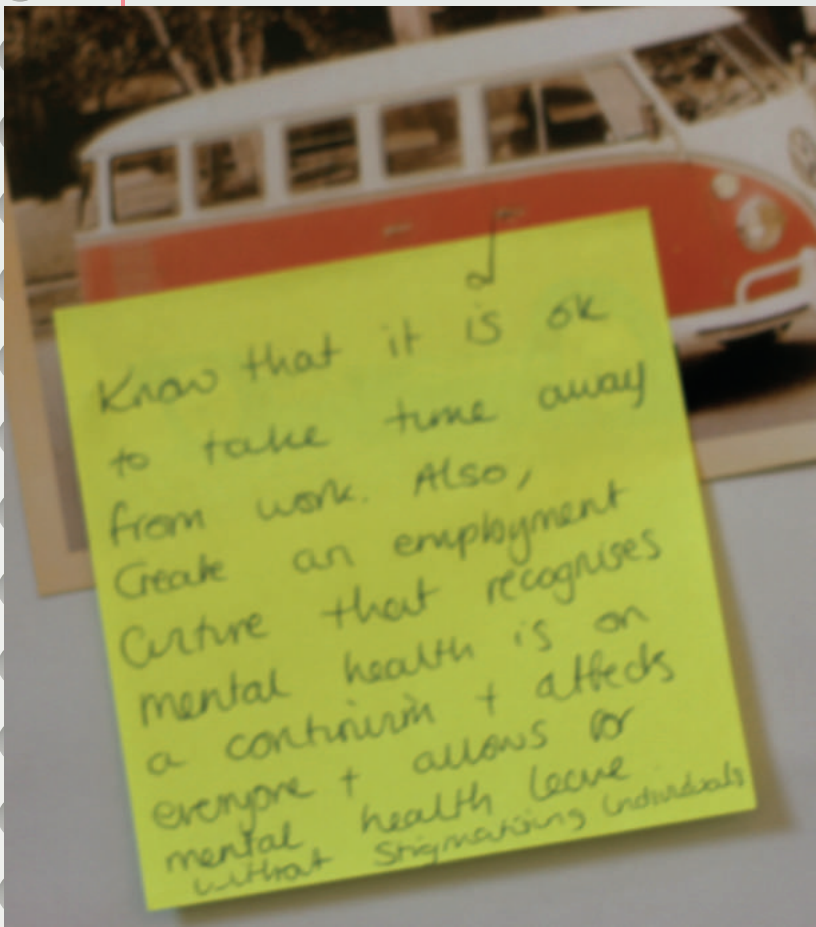
Provide employee paid access to confidential counselling services



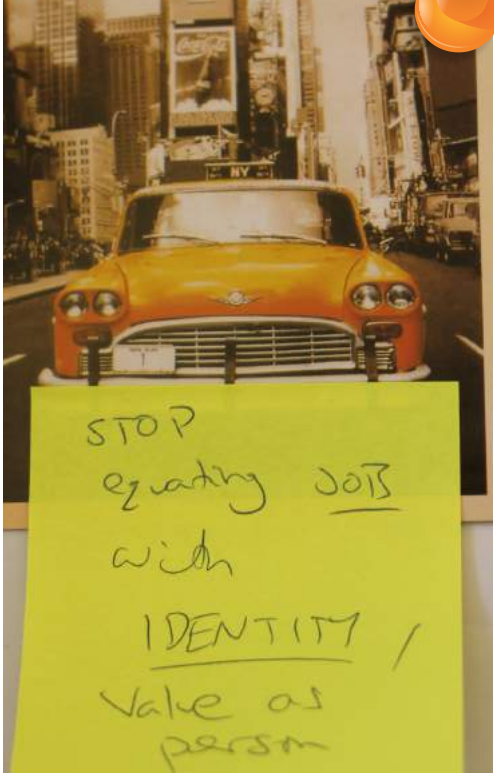
Employers should
be encouraged to
accept periods out
of work for reasons
as 'valid' + applicants
not feel pressured to
"lie" on CV to
cover up



Safe space to ✓
talk about
thoughts & feelings.
Feeling comfortable
talking to managers
about mental health



Know that it is ok
to take time away
from work. Also,
Create an employment
culture that recognises
mental health is on
a continuum + affects
everyone + allows for
mental health leave
without stigmatising individuals



STOP
equating jobs
with
IDENTITY /
Value as
person