

How are working and mental health related? Sometimes, we might have a bad day at work and this can impact our mental health. On the other hand, poor mental health can affect our productivity, coworker relationships, and more. There are many elements to workplace wellness that are important for mental and emotional wellbeing such as work-life balance and job satisfaction.

For more information on how to achieve optimal workplace wellness, click on

https://www.carelonwellbeing.com/cci/emotional-wellness?cm_page=topics/workplace-wellness