


Toxic Workplace Behaviors that Damage Mental Health

TOXIC WORKPLACE BEHAVIOURS THAT DAMAGE MENTAL HEALTH

 @BELIEVEPHQ

MICROMANAGEMENT

Micromanagement reduces autonomy and confidence and can lead to a culture of distrust



LACK OF EMPATHY

Negative judgement is made when people share and talk about struggles



SELF ENTITLEMENT

Staff are not treated equally. Leaders find themselves superior to others



INCIVILITY

Staff are ignored, undermined and belittled



LACK OF SUPPORT

There is a lack of support and care for those who need help



UNREALISTIC EXPECTATIONS

Staff are expected to work long hours and be available 24/7



BLAME

There is a culture where individuals are blamed for mistakes



BELIEVE
PERFORM



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