

WHAT GOES THROUGH  
**YOUR MIND**  
AT WORK?



# WHAT GOES THROUGH **YOUR MIND** AT WORK?

I  
DONT TAKE  
MY WORK  
HOME

IT'S MY FAULT  
IF THINGS GO WRONG

MY BOSS WILL THINK  
**I CAN'T COPE**  
IF I ASK FOR HELP

I CAN ONLY  
DO WHAT  
I CAN DO

NO ONE  
ELSE SEEMS  
STRESSED

I'M NOT GETTING  
ENOUGH DONE

EVERYONE ELSE  
**IS MORE**  
COMPETENT  
THAN I AM

IT'S IMPORTANT TO  
TAKE A BREAK

I DO A  
GOOD  
JOB

I WORK  
**TO LIVE**  
NOT  
LIVE TO WORK

I PUT ON A  
**BRAVE**  
FACE

