

WELLNESS AT WORKPLACE

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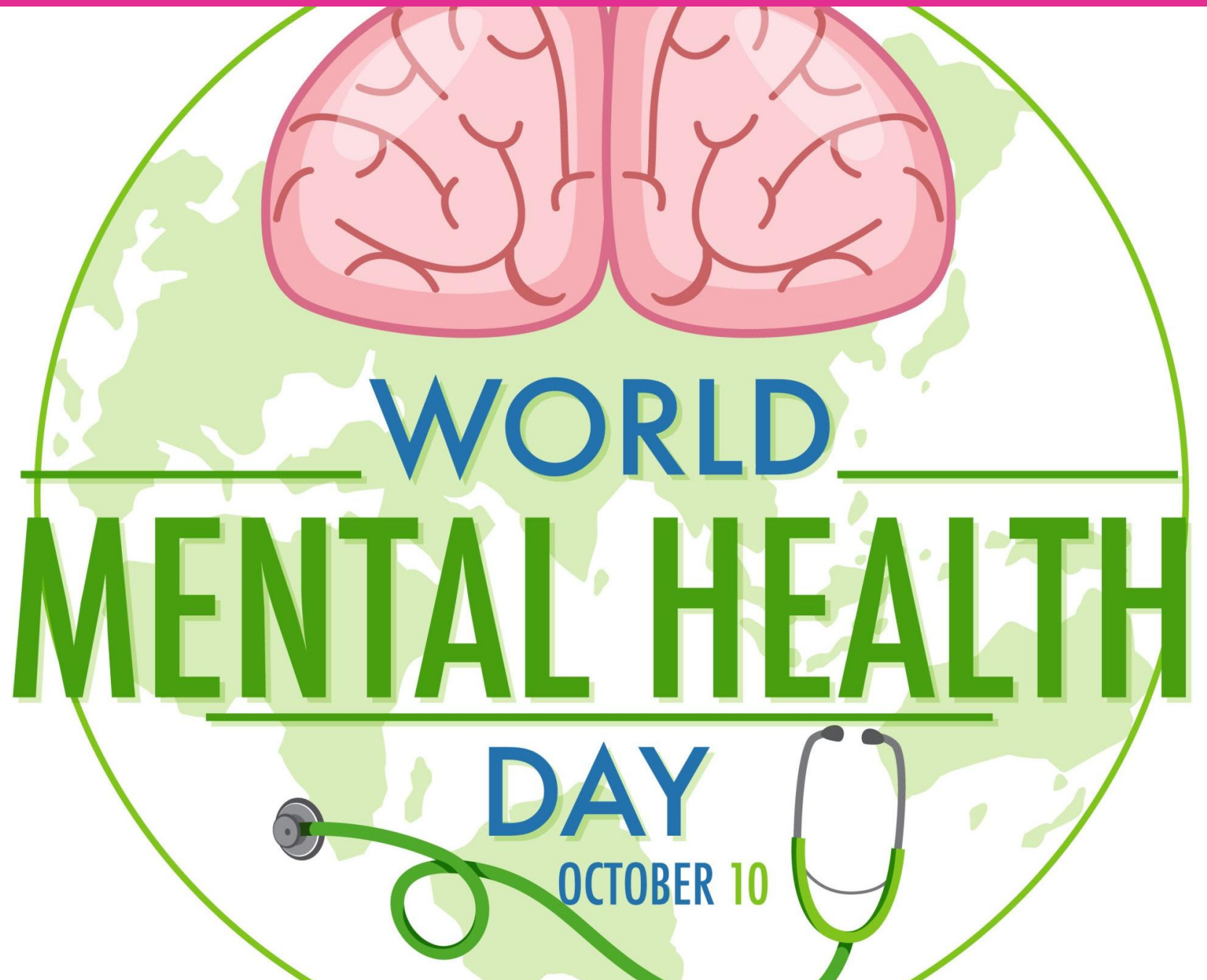
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Have a great
World Mental
Health Day!

How are you?

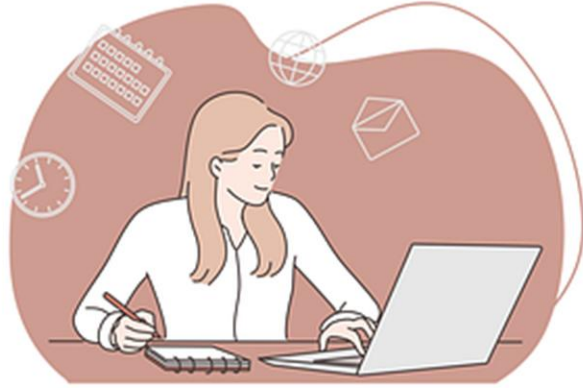


Let's imagine these stairs
are at your workplace

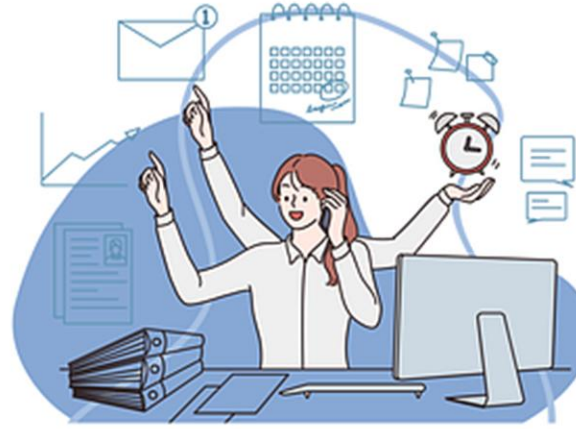
...and every 4th user falls
down

What happens next,
what do you think?



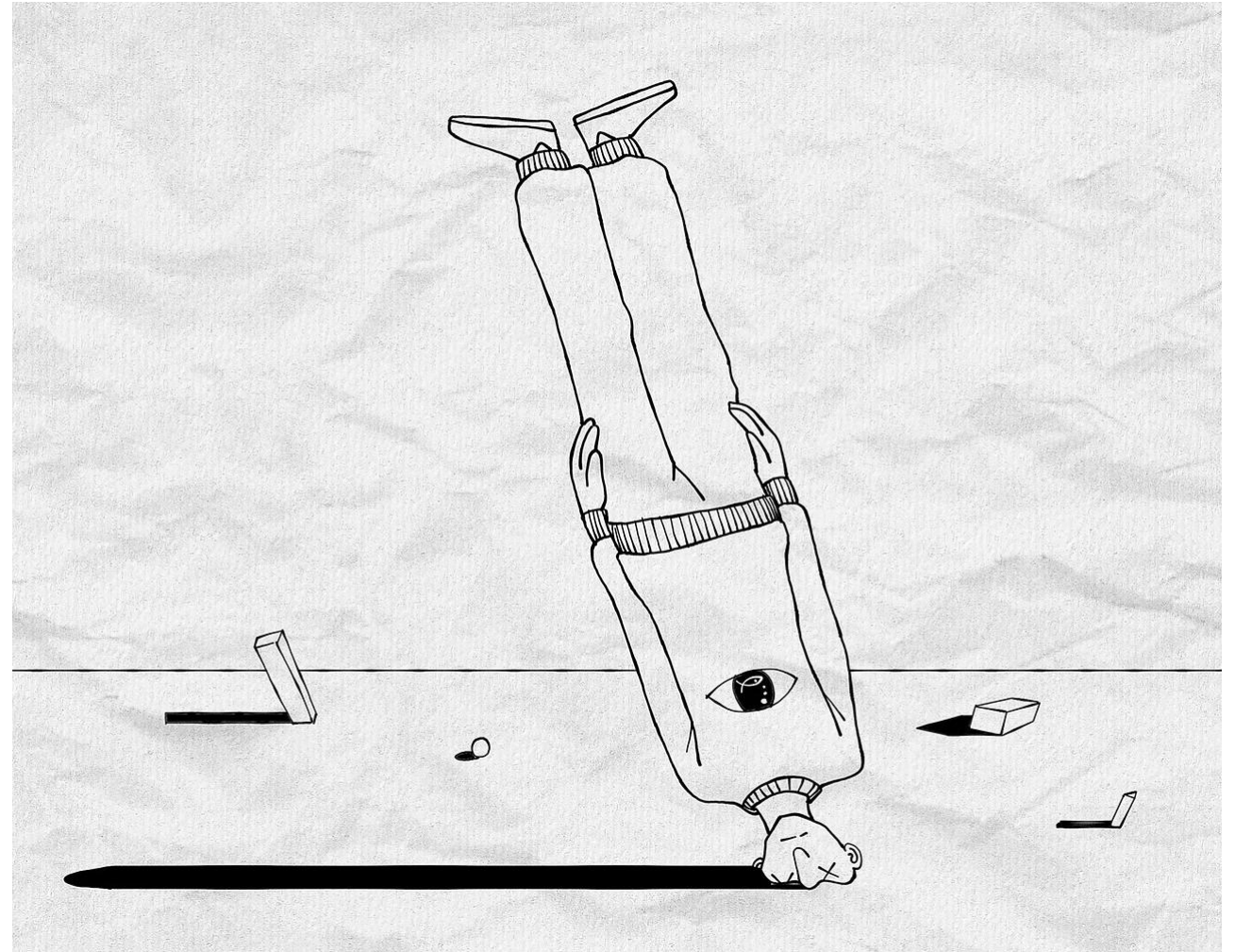


Who's responsible for our well-being at work?



No amount of meditation
nor breathing exercises
benefit us in the long run if
the working conditions
don't support our well-
being.

The main factor behind
burnout is poor work
conditions – not poor
individuals.



Mirror mirror on the wall...

What is wrong about me?

What did I do wrong?

How should I change?



Four basic needs driving motivation

**self determination theory, Deci & Ryan*

1. *Authonomy* – Feeling of choice and control over one's actions
2. *Competence* – Feeling effective and capable
3. *Relatedness* – Feeling connected and belonging to others
4. *Doing good* – Being in the service of a greater purpose, doing something for the others and the world

INDIVIDUALISM AND ME ME ME –RELIGION MAY END UP IN MEANINGLESSNESS AND LONELINESS IN LIFE

Challenge: Self improvement is a must

“Be the next version of yourself to keep up with the pace”

BEING EXCLUDED IS LITERALLY PAINFUL

Our brain and nervous system are trying to answer one question all the time: Are you my tribe?

Unfortunately, the poker face doesn't build trust and psychosocial safety.

A different starting
point:

This is important.

You are important.

Thank You for making
this problem visible!



THE WOUND IS THE PLACE WHERE THE LIGHT COMES IN (RUMI)

How would it affect our well-being at work if we were brave enough to embrace vulnerability and shame, especially if we stand in a power position?



Thank You!

My books (in Finnish only, sorry!)

Ulkopuolisuudesta (Otava, 2024)

Suuri self help –huijaus (Storytel, 2023)

Suorittajan mieli (Otava, 2022)

Tunteella Häpeä ja Kateus
(Otava, 2020)