

MANAGING WORKPLACE STRESS AND ANXIETY

WHY IT'S IMPORTANT FOR BIPOC COMMUNITIES



MICRO-AGGRESSIONS ARE REAL

Dealing with intentional or unintentional microaggressions in the workplace can add a significant mental and emotional toll and can cause anxiety. Understanding how to navigate these subtle forms of discrimination can help you improve workplace wellness.

IMPROVING PRODUCTIVITY

An inclusive work environment free of stress and anxiety can promote and encourage workplace wellness. Ultimately, it can improve your mental, emotional and physical wellbeing. Overtime, this can improve daily productivity.



A SENSE OF BELONGING

As a minority, having a sense of belonging in the workplace is important because it can be hard to feel like you're being heard and accepted. However, a sense of belonging is crucial to mental wellness and without it, there can be an increase in anxiety, stress and even depression.



ACHIEVING MENTAL WELLBEING

Achieving workplace wellness can help improve work culture and promote meaningful organizational changes. Have a workplace that prioritizes mental and emotional health helps promote the importance of mental wellness.



CHECK OUT THESE HELPFUL RESOURCES FROM ADAA TO LEARN MORE ABOUT [ANXIETY, DEPRESSION, MICROAGGRESSION & BIPOC COMMUNITIES.](#) FOR MORE INFORMATION VISIT WWW.ADAA.ORG

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