



**NOW SHOWING...**

# **MISSION:IMPOSSIBLE**

*Harmful levels of stress & unachievable targets*

# **BROKEBACK MOUNTAIN**

*A heavy load and steep hills to climb*

# **WAR OF THE WORLDS**

*Tragic work-life balance*

# **REMAINS OF THE DAY**

*Nothing else left*

**Sometimes, work isn't a trip to the pictures**

**Stress, anxiety and depression cause more days off sick than any other health problem – it doesn't have to be that way**

**So if you need to say 'cut' – talk to someone: they may have been there too**

**By displaying this poster, your employer shows they're willing to listen**

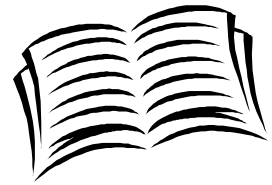
**Ask your employer for more details**

**MINDFUL EMPLOYER**

**MAKING IT HEALTHIER TO TALK ABOUT MENTAL HEALTH**

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**BOOK OF THE MONTH...**

# **GREAT EXPECTATIONS**

*Too much to do, too little time*

# **LORD OF THE RINGS**

*Running around in circles*

# **PRIDE & PREJUDICE**

*Clashing egos, blatant discrimination*

# **BLEAK HOUSE**

*What it's like when you get home*

**Sometimes, work isn't such a good read**

**Stress, anxiety and depression cause more days off sick than any other health problem – it doesn't have to be that way**

**So if you're feeling left on the shelf – talk to someone: they may have been there too**

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