

## **Soundbite Script – When work affects your health**

**Victor Mendoza, Behavioral Health Provider, OSF HealthCare**

“A toxic workplace is basically any work setting where you're dealing with any sort of psychological stress, where you're feeling nervous, you have some fear, anxiety, sadness, depression, – things like that. If you start noticing those things in your own workplace, that can be something we would call a toxic environment.”

**Victor Mendoza, Behavioral Health Provider, OSF HealthCare**

“First of all, if they haven't added these five components, they should probably try to because I think that's a good foundation to what a healthy work environment should be like. You want to have a workplace where you feel comfortable, you feel heard, you feel like there is upward mobility, and that that people care for you. That you're not just a number to them but that you actually are a human, and they understand and are willing to be empathic to your situation. And if there is a concern, they're open to listen to you.”

**Victor Mendoza, Behavioral Health Provider, OSF HealthCare**

“It's been really tough for a lot of people. When all this started with the pandemic, a lot of people were having anxiety about what was going to happen. People feared losing their jobs, and a lot of people did lose their jobs, sadly, and that was very hard for them. They had to switch careers. A lot of them were lucky they were able to keep their jobs, but they had to work from home and that that created some stress as well even though we do have good technology.”

**Victor Mendoza, Behavioral Health Provider, OSF HealthCare**

“Sometimes you can only do so much and you have to advocate for yourself, and you have to be aware when this happens. So set up good boundaries with your workplace, make sure that you're taking some time off work for self-care, whatever that looks like for you, and do something you enjoy. Make sure you do some basic things like exercise, you're eating well and you're sleeping well. That's a really good foundation to deal with a toxic work environment.”