

Busting Myths That Keep Workers Silent About Workplace Stress



Talk to your supervisor or human resources representative about the stressors you may be facing.

Is something holding you back? Are you worried about being judged? If so, let's set the record straight:

MYTHS

- Stress or mental health struggles are a sign of weakness.**
- Raising concerns about workplace stress is frowned upon.**
- This is not the time to “make waves” if you are stressed about your personal safety at work. Instead, you should just buckle down and accept that management is doing the best it can.**
- You need to keep your personal life separate from work. If you cannot find a way to balance your work and personal responsibilities, step aside so we can find someone who can.**

FACTS

- We have great respect for your willingness to speak openly about your experience. We view it as a sign of your strength.**
- We want to hear from you. We want to brainstorm with you to identify ideas for improving the support we provide our workers.**
- We want you to speak up. Your health and safety is our number one priority. We need you to be our “eyes and ears” and alert us to problems that need correction. Staying silent could jeopardize worker safety and health.**
- We will work with you to incorporate as much flexibility as we can to help you juggle work and your caregiving responsibilities.**

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See www.osha.gov/workers for more information.