



# THANK YOU!

I like working here

**Expressing gratitude feels good! It's a positive way to build connections and encourage everyone's well-being at work. Check the box(es) corresponding to what you currently feel grateful for at work and hand in your card.**

- Overall, my workload is appropriate.
- I feel appreciated and valued by my superiors.
- I feel appreciated by my colleagues.
- I feel that my work is recognized and valued by my organization.
- I feel supported by my superiors.
- I feel supported by my colleagues.
- I feel safe at work.
- I feel well informed.
- I feel as though I have enough flexibility.
- I feel taken into consideration in decision-making moments.
- My work is meaningful to me.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

We thank:



Le ministère de la Santé et des Services sociaux





# WARNING!

## Burnout or low-motivation risk

For solution avenues:



**Expressing yourself can help reduce stress, make it easier to find solutions, and promote connections and well-being at work. Check the box(es) corresponding to a struggle you're currently experiencing at work and hand in your card.**

- |   |  |   |   |
|---|--|---|---|
| <input type="checkbox"/> My workload is too heavy.                            | <input type="checkbox"/> I do not feel that my work is recognized or valued by the organization. | <input type="checkbox"/> I am experiencing a difficult situation at work (conflict, disrespectful behaviour, harassment). | <input type="checkbox"/> I do not feel taken into consideration in decision-making moments. |
| <input type="checkbox"/> I do not feel appreciated or valued by my superiors. | <input type="checkbox"/> I do not feel supported by my superiors.                                | <input type="checkbox"/> Not enough information is shared with us.  | <input type="checkbox"/> My work has lost meaning.  |
| <input type="checkbox"/> I do not feel appreciated by my colleagues.          | <input type="checkbox"/> I do not feel supported by my colleagues.                               | <input type="checkbox"/> I do not feel as though I have any flexibility.  | <input type="checkbox"/> I'm going through a difficult time in my personal life.            |

Name:

Date:

We thank:



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MOUVEMENT SANTÉ MENTALE QUÉBEC



Promouvoir. Soutenir. Outiller.