



**Get Real**  
**Photovoice**



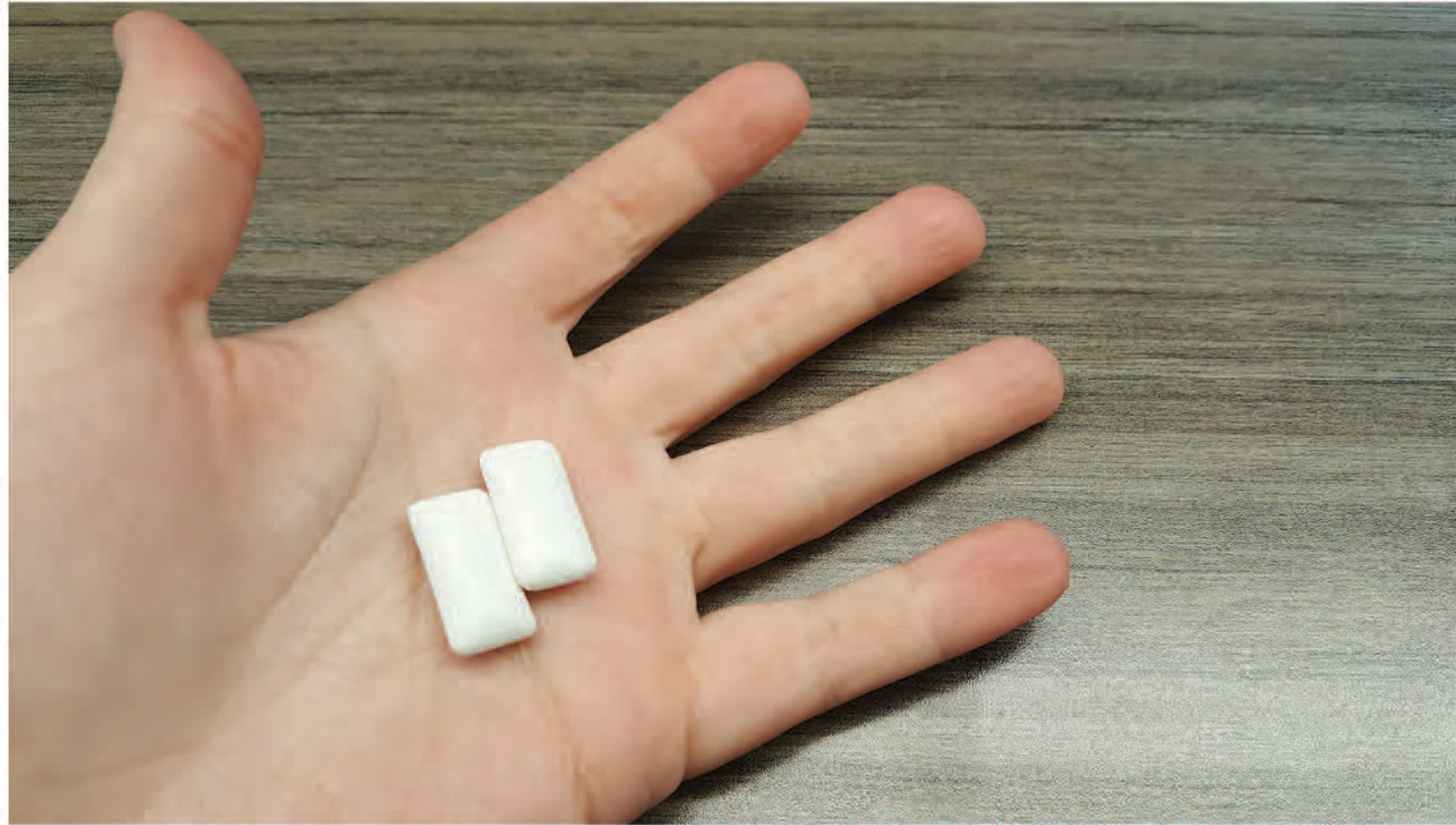
The Superior Mental Wellness @ Work project asked the community to portray their mental health at work through creative photography. REAL images and stories were shared by REAL people who bravely and honestly answered two questions:





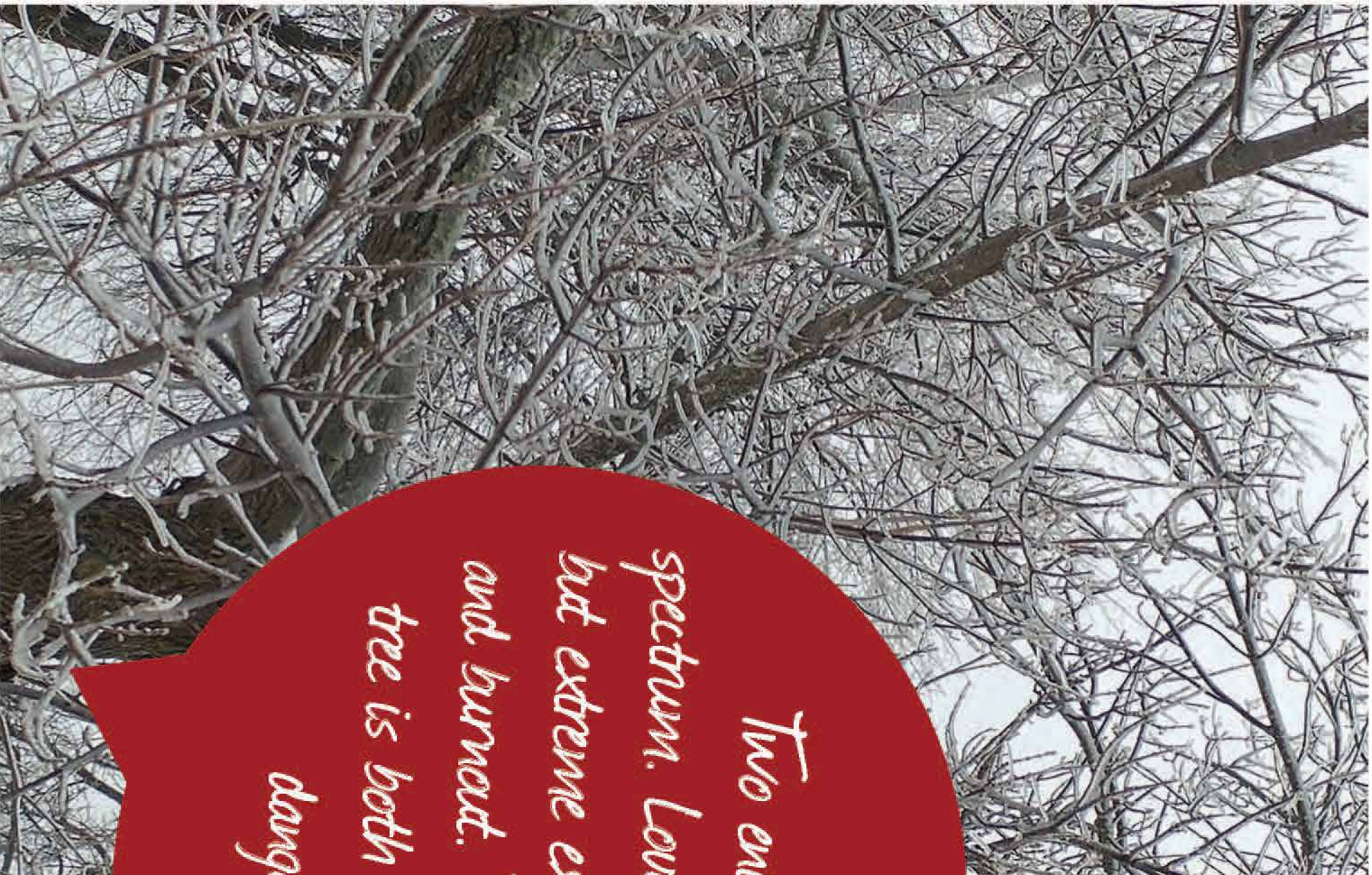
*Sometimes the sun shines and sometimes  
it is rocky and chaotic*





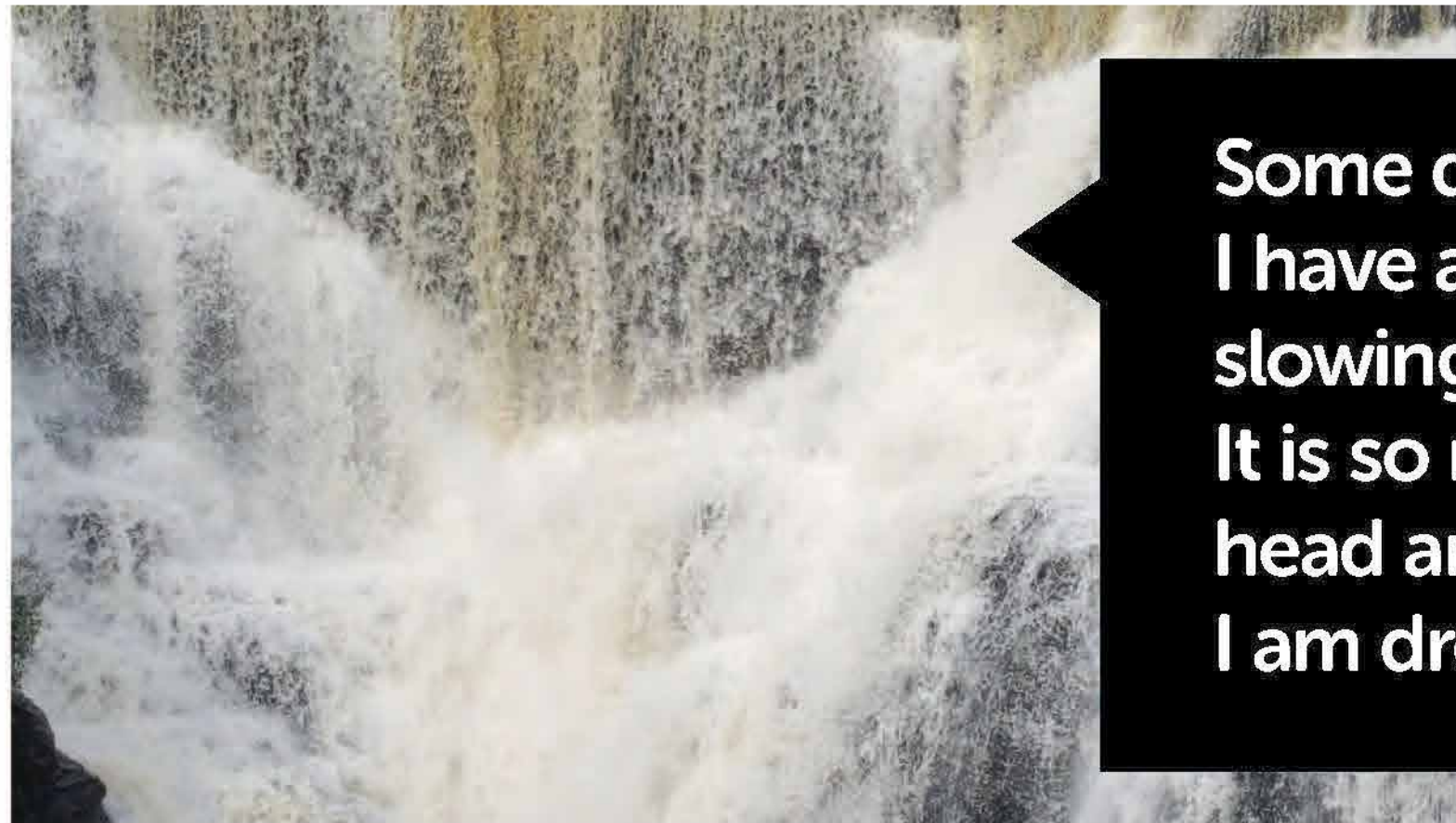
**I see a counsellor and medicate  
to keep my anxiety away.**



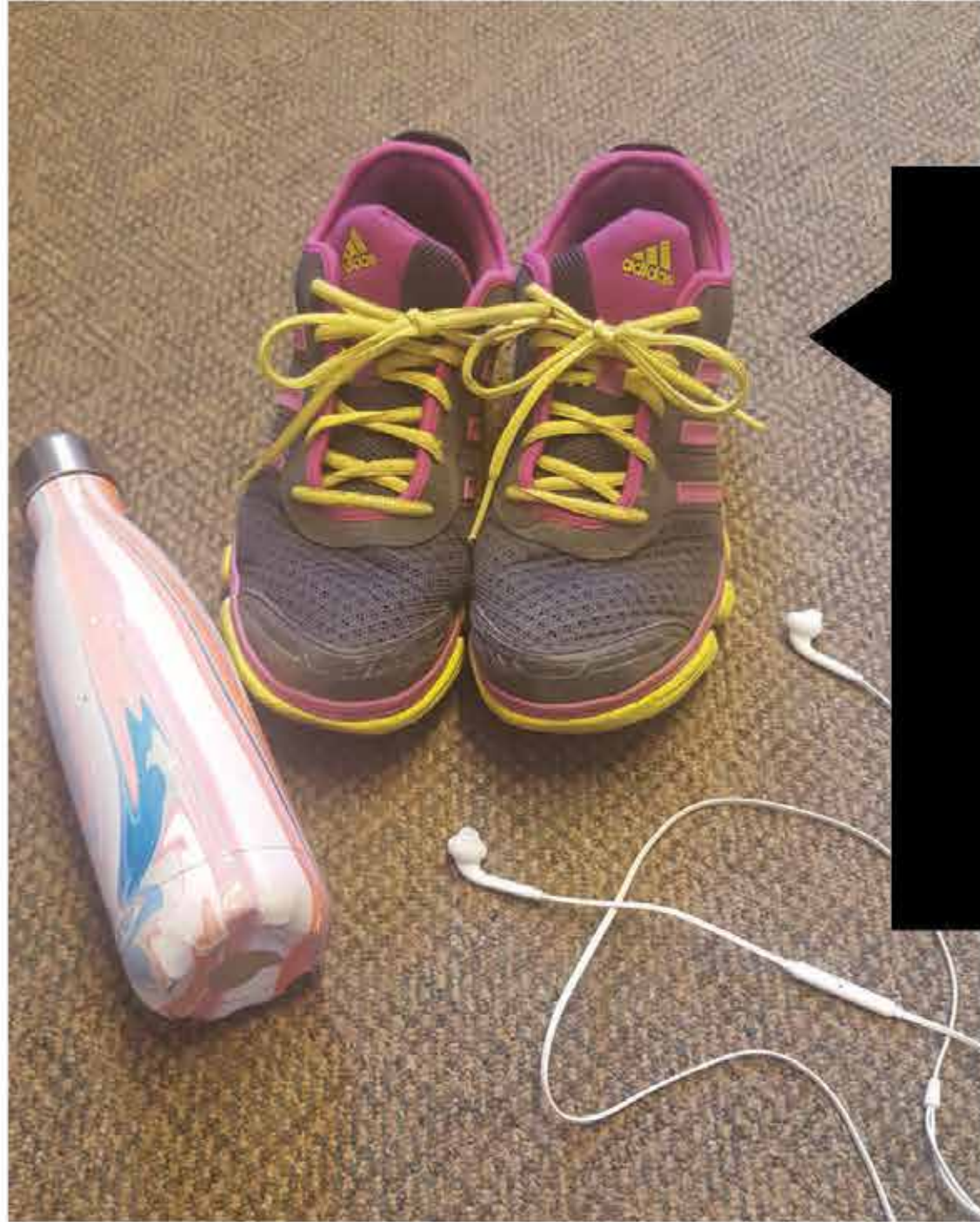


*Two ends of the spectrum. Love, pride and joy but extreme exhaustion, stress and burnout. The ice on this tree is both beautiful and dangerous.*



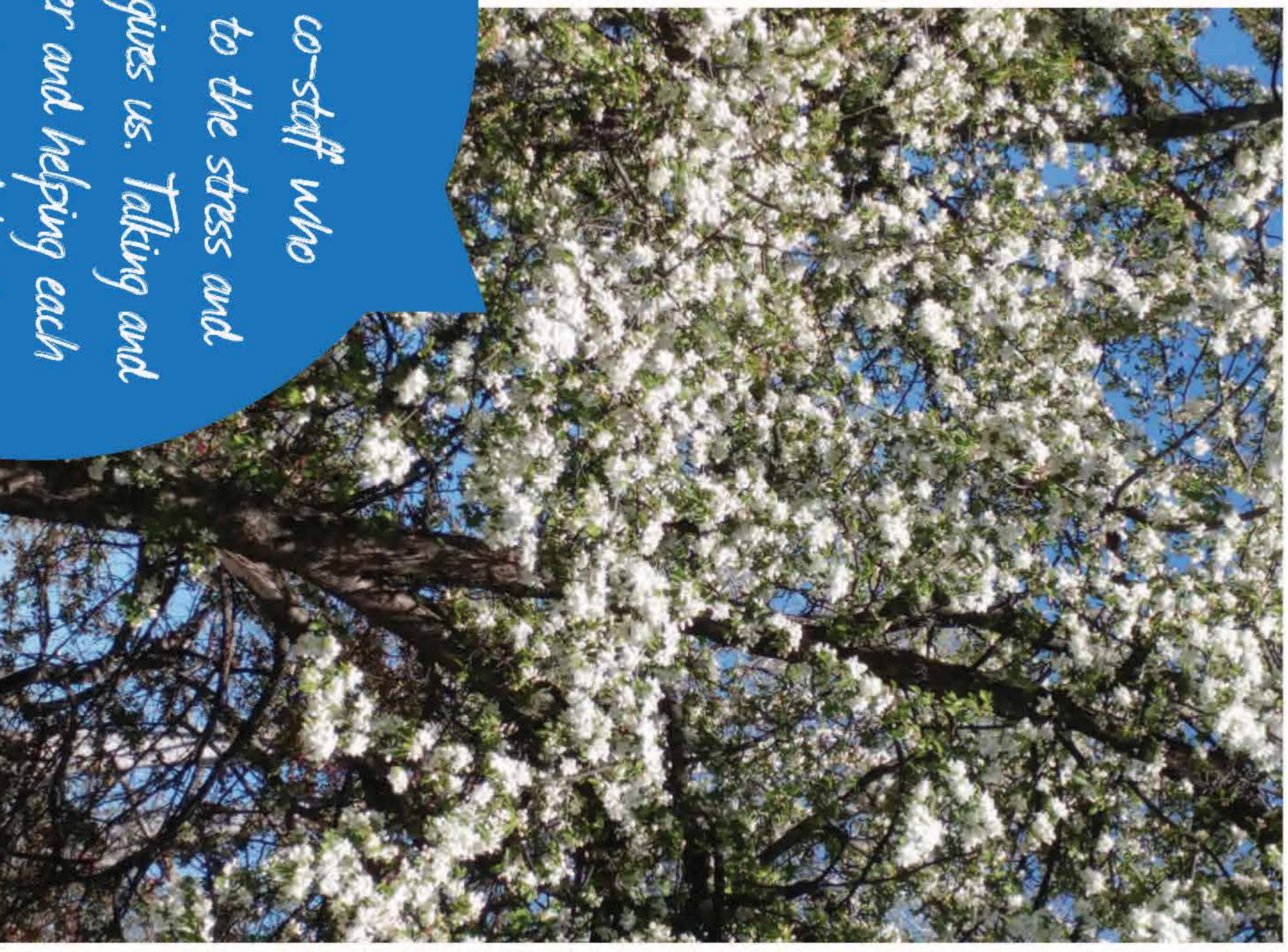


**Some days at work  
I have a hard time  
slowing my thoughts.  
It is so noisy in my  
head and I feel like  
I am drowning.**



**I make sure to get outside and walk or run on lunch breaks or coffee breaks. Being able to disconnect from my office has helped me become more productive and happier...!**





*Talk with co-staff who  
can also relate to the stress and  
burnout our job gives us. Talking and  
working together and helping each  
other as best we can. Like the  
sunlight, warmth, and water  
that melts the ice and  
helps growth.*



**How do you really  
feel at work?**

**How do you take care of  
your mental health at work?**



**Visit [superiormentalwellnessatwork.com](https://superiormentalwellnessatwork.com) to see other entries and to learn more about how to take care of your mental health at work.**





**Your  
mental  
health  
matters!**





SUPERIOR Mental  
Wellness  
@ WORK