



SIGNS OF A TOXIC WORK ENVIRONMENT

- Loss of joy & motivation in the workplace
- No work-life balance
- Poor Leadership
- Feelings of burnout
- Lack of communication and transparency
- Resources are withheld from employees
- Lack of growth/upward mobility
- Nepotism and Favoritism
- Micromanagement/lack of trust
- Unhealthy levels of stress
- Unrealistic Expectations
- Constant disregard of boundaries
- Public shaming/feedback is discouraged
- Fear of reprisal for speaking up
- Feelings of Isolation and unworthiness



CONTACT YOUR LOCAL OFFICE UNION REPRESENTATIVE

Toxic Work Environment & ME

Over time exposure to a toxic work environment can lead to adverse reactions and harmful health consequences including mental health issues. These may include but are not subject to,

- Physical pain and discomfort
- Insomnia
- High/low blood pressure
- Loss of hair
- Increase or lack of appetite
- Anxiety
- Depression
- Gastrointestinal issues/ulcers
- Cardiovascular issues

If you feel you or someone else is being subjected to this treatment its very important to speak up. Chances are these things don't just go away on their own. Do not suffer in silence, speak up and step out. Your union is here for you.