



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.

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

Name: _____ Date: _____

We thank:



Le ministère de la Santé et des Services sociaux



Inspired by: <https://www.inspq.qc.ca/en/tool-identifying-psychosocial-risk-factors-workplace>



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.