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“C”s

to be your best at work

Every job can be done half-heartedly — or done really well. Doing your best will help you feel satisfied with your job, which is great for your mental health.

1

CONFIDENCE

Be confident in your abilities, especially your ability to go above and beyond at work. Not only is this good for your clients, coworkers and/or customers, but it has an added bonus: you'll feel great too!

2

CONNECT

Build positive relationships with people at work to help you succeed. If you're experienced, help others learn from you. If you need guidance, don't be afraid to ask others for their advice and input.

3

COMMUNICATE

If you see a problem, speak up. Constructive feedback can be done in a way that's respectful and kind. If you see good things happening, point those out, too. It's a great way to build morale.

