



MENTAL HEALTH AWARENESS

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It's unrealistic to think that an 8-hour-5 day a week work-life is sustainable without mental health considerations. Grind culture is toxic. It produces this false sense of accomplishment that only leads to burnout. It's time for us to get honest about grind culture. It's an allusive idea used to dangle a carrot. The carrot is a promotion, a \$.25 raise, or a paid time off unavailable during the most family-oriented time of the year.

To truly consider mental health, corporate America needs to put people over profits ALWAYS. There's too much insincere enthusiasm concerning mental health; the whole self-care movement is okay as long as it makes people more productive at their job.

That's not mental health awareness. That's manipulation.

Mental health awareness is understanding that grind culture kills people's spirits. It's reimagining how we approach work because we are humans facing stressors that won't make a difference beyond our existence.

As a society, pressures of applying the work ethic to bake a pie we only earn a piece of routinely plague us—the forces of wanting more and bigger. Climbing the ladder isn't conducive to everyone's mental health, especially when it feels more like spinning wheels that aren't going anywhere.

Taking a bold step to protect your peoples' mental health will increase your profits tenfold. Do for the people, and the people will do for you.

