

## **Managing your mental health at work**

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After finding a job.

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Started to settle in. I still thought things were difficult. I found it difficult to adapt to my new work demands what was expected of me in my new role and get used to my new team and how.

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They worked for me.

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Building resilience or working from fighting allies, people that I could go to the support when things were difficult so that I could manage those difficult.

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Situations at work much better.