Workplace Strategies for Mental Health

Compliments of Canada Life

Before you say no

When someone comes to you with a suggestion or request, take the time to consider what they propose, even if you feel that it is impossible or unreasonable. Saying 'no' may cause them to feel dismissed or disrespected. By understanding their reason for asking, you may be able to meet their need without ever saying yes to their original request.



Stay open minded

Don't jump to yes or no



Ask why and how

Understand underlying needs



Explore alternatives

Ask for other ways to meet the need



Reflect

You don't always need an immediate decision



Assess potential impact

Consider the cost and benefit of your decision on others



Assess broader issues

Do others have the same issue?

Learn more about asking why before saying no

Before you say no

clwsmh.com/before-you-say-no

Before you say no for leaders

clwsmh.com/before-you-say-no-for-leaders

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