Workplace Strategies for Mental Health

Compliments of Canada Life

E-learning module

Dealing with a stressful boss

You're having a hard time communicating with your manager – maybe they aren't approachable; unpredictable, appear too busy to listen; are difficult to speak with or you feel like they're giving you a hard time. How can you talk to them about the issue in a way that's not uncomfortable?

The good news is, most managers aren't making things difficult for you on purpose, and there are things you can do to help address tensions and build a healthier working relationship.



Understand

Understand their management style



Use empathy

Put yourself in their shoes



Discuss

Talk to them about what you notice



Know yourself

Know what you need for your own well-being



Suggest solutions

Let them know what will make things better



Seek help

Reach out for help

Learn more about dealing with a stressful boss

Dealing with a stressful boss

clwsmh.com/resources/dealing-with-a-stressful-boss

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit clwsmh.com.

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