



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

How Is My Workplace Affecting My Mental Health?

10 questions about the psychological impact of your job

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Burnout is not a badge of honour. Your wellbeing is not optional. It is the foundation everything else stands on.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



How Is My Workplace Affecting My Mental Health?

This brief assessment can help you understand how your work environment might be impacting your overall well-being. Please answer the following questions honestly.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often dread going to work on Sunday evenings or Monday mornings?
- Do you experience physical symptoms like headaches or stomachaches on days you have to go to work?
- Has your confidence in your abilities at work decreased recently?
- Do you feel unsupported by your management or colleagues?
- Has your work stress negatively impacted your relationships outside of work?
- Do you find it difficult to disconnect from work thoughts and tasks after your work hours are over?
- Do you often feel invisible or undervalued at your workplace?
- Have you considered leaving your current job primarily due to your mental health struggles?
- Do you find yourself hiding your mental health challenges from your colleagues or superiors?
- Do you experience moments of genuine meaning, purpose, or connection at your workplace?

Score: Count the number of 'Yes' answers. The last question is reversed: 'No' counts as a 'Yes' for positive impact.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Thriving

Your work environment appears to be supportive of your mental well-being, and you are likely feeling good about your role.

SCORE: 4-6

Mildly Affected

There are some signs that work might be taking a mild toll on your well-being, suggesting areas for gentle attention.

SCORE: 7-8

Moderately Affected

Work seems to be having a noticeable impact on your mental state, indicating that it would be beneficial to explore ways to improve your experience.

SCORE: 9-10

Significantly Affected

Your current work situation appears to be significantly challenging your mental health, and seeking support is strongly recommended for your well-being.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

If your results suggest work is impacting your well-being, consider discussing your feelings with a trusted friend, family member, or exploring professional guidance to find supportive strategies.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question resonated most with you, and why?

2. What is one small change you could make at work or home to feel better?

3. Who could you talk to about how you are feeling?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Moments at Work

Discover techniques to stay present and reduce workplace stress.

₹199

2

Building Resilience Toolkit

Develop coping mechanisms for challenging professional situations.

₹99

3

Effective Communication Skills

Learn to express your needs and boundaries clearly at work.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."

— Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224