

q23: What would you change about your workplace?

I feel like my boss is constantly undermining me. He is a bully and I am afraid to speak up. I have seen him target others as well, especially women. I am scared of retaliation, but someone needs to do something. This is not a safe environment.

q24: How does work impact your mental health?

The stress is unbearable. I have panic attacks just thinking about coming to work. I can't sleep and I am constantly anxious. I feel like I am on the verge of a breakdown. I have told my manager about my workload, but he just tells me to 'suck it up'.

q25: What is one thing your workplace does well?

I guess the pay is okay. But it's not worth the mental toll. I am actively looking for another job. I used to be optimistic about my future here, but now I just feel dread.