

Mental Health Concern

Steve woke up feeling very down. He does not have an appetite to eat breakfast nor he doesn't want to go to work. He feels there's no sense in going to work or even doing anything else. He just wants to sleep the whole day. He has been feeling this for the past 3 days. Steve tried to report for work and do the tasks assigned to him, but he seems to get things wrong. The quality of his work is not the same as it used to be.

- **What do you think is happening here?**
- **If you were Steve's supervisor and you noticed the change in Steve's output after 3 days, what would you do?**
- **If you were Steve, how are you going to communicate this to your supervisor and teammates?**

Something big may have happened to Steve that caused him to feel this way. Another thing is that he might have been burned out because of something from work.

If I were his supervisor, I'd arrange maybe a 15-minute or 30-minute meeting to discuss with him what's been happening recently. I'll tell him specifically that it's about his recent output in the past 3 days, so that he could adjust expectations and prepare for it. I'd like to know about the context, and as well as set things up to help him along the way. Maybe let him get a vacation (I don't know much about management, but I think this can be a decent solution)

If I were Steve, I'll just own up to my mistakes and tell my supervisor and my teammates that I will do better next time. For me, I have ways to motivate myself; people that I look up to in life. I always look at them whenever I feel down. Some of them I know personally and have talked to for advice in life; so I'll just remember their advice and fire myself up.