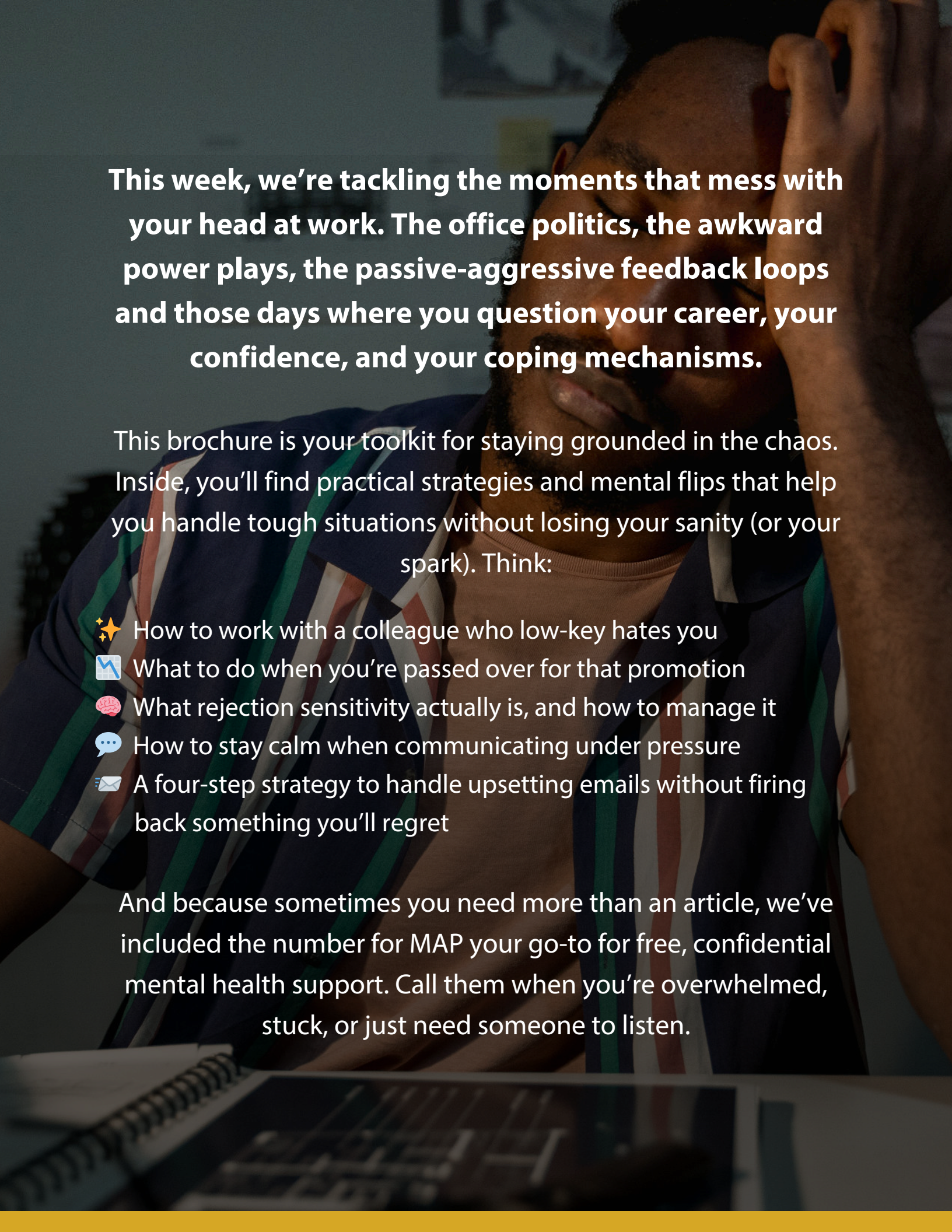




MENTAL HEALTH AWARENESS MONTH

The Mental Gymnastics of Work (and How to Stick the Landing)





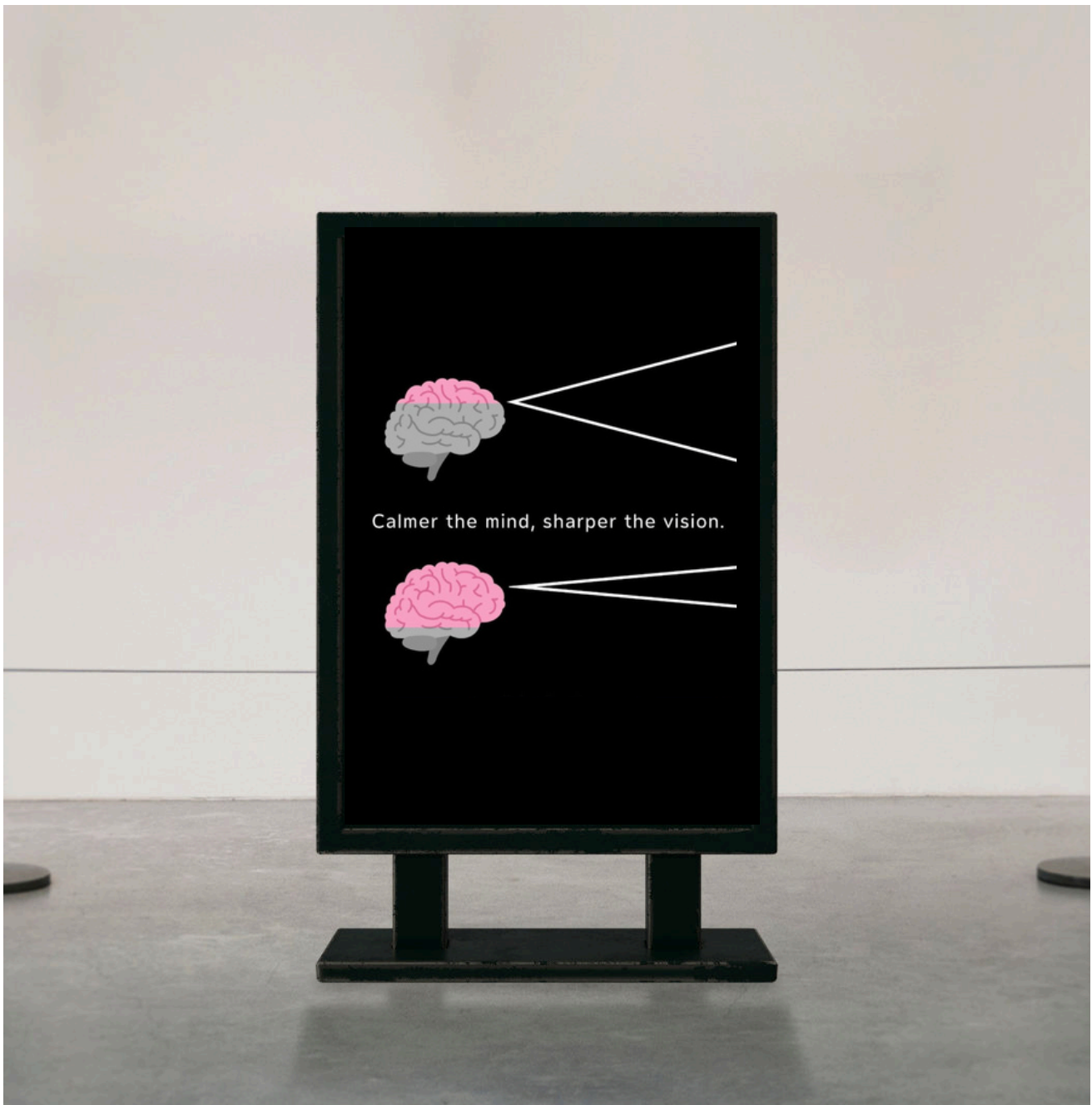
This week, we're tackling the moments that mess with your head at work. The office politics, the awkward power plays, the passive-aggressive feedback loops and those days where you question your career, your confidence, and your coping mechanisms.

This brochure is your toolkit for staying grounded in the chaos. Inside, you'll find practical strategies and mental flips that help you handle tough situations without losing your sanity (or your spark). Think:

- ✨ How to work with a colleague who low-key hates you
- 📈 What to do when you're passed over for that promotion
- 🧠 What rejection sensitivity actually is, and how to manage it
- 💬 How to stay calm when communicating under pressure
- ✉️ A four-step strategy to handle upsetting emails without firing back something you'll regret

And because sometimes you need more than an article, we've included the number for MAP your go-to for free, confidential mental health support. Call them when you're overwhelmed, stuck, or just need someone to listen.

Reframing the Render



When work feels overwhelming, clarity starts with calm. That snarky email? That meeting that spun out? That promotion that slipped through? Your brain can't see clearly when it's in survival mode. Reset your nervous system, and your perspective sharpens. The calmer the mind, the clearer the path forward.

MIND OVER CHATTER

Toxic vibes, angry emails, and meetings that feel like combat sports?

These reads are here to help you reset your mindset not gaslight yourself into pretending it's fine.

They offer mental flips for handling office politics, rejection, and tension without losing your sanity (or your spark). No fluff. Just perspective shifts that help you move through the mess with your head on straight.





Forbes

How To Work Well With A Colleague Who Really Dislikes You

Navigating a strained relationship with a colleague who seems to dislike you? This insightful Forbes article offers practical strategies to foster effective collaboration and maintain professionalism, even in challenging workplace dynamics.

[Click here to dive in](#)



Dealing with being passed up for a promotion (again)

Feeling sidelined after missing out on a promotion? This insightful piece from The Muse offers practical strategies to help you process the setback, seek constructive feedback, and realign your career trajectory with renewed confidence.

[Click here to dive in](#)



THE TIMES

An off-hand comment can make me feel like I've been stabbed: A clinical psychologist gives her advice

Ever been told you're "too sensitive" at work? That offhand comment or delayed reply might hit harder than you'd like and there's a name for it: Rejection Sensitive Dysphoria (RSD). This insightful piece from The Times delves into how RSD, particularly prevalent among individuals with ADHD, can make everyday interactions feel overwhelming.

[Click here to dive in](#)



5 Tips for Communicating Under Pressure

Feeling the heat in high-stakes conversations? This insightful piece from Training Industry offers five practical strategies to help you communicate effectively under pressure, ensuring clarity and composure when it matters most.

[Click here to dive in](#)



Forbes

4-Step Guide To Responding To Upsetting Emails

Ever received an email that made your blood boil? Before you hit 'reply,' this Forbes article offers a four-step guide to help you manage emotionally charged emails with professionalism and composure.

[Click here to dive in](#)


VES BACK POCKET SURVIVAL KIT


Work can mess with your head—even more so when things feel uncertain, unfair, or just plain overwhelming. You don't have to white-knuckle your way through it.

The VES Member Assistance Program (MAP) is here when the pressure builds, the promotion doesn't come, or your confidence starts to spiral. From emotional support to job search tools, this is your judgment-free zone for finding solid ground again.



VES Member Assistance



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VES Member Assistance Program

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The Visual Effects Society is pleased to offer a valuable new membership benefit – the VES Member Assistance Program by TELUS – a confidential support service that can help you solve a wide range of problems and challenges at no cost to you.

Get the support you need, the way you want it.

The Member Assistance Program offers timely, qualified assistance and support to help manage all of life's complexities 24 hours per day, 7 days per week. You can take advantage of private one-on-one counseling services, tap into a wealth of resources on the TELUS website, attend webinars and events on various life concerns and so much more!



Whether you're dealing with a layoff, burnout, or the emotional aftershocks of workplace stress, you don't have to figure it out alone.

The VES Member Assistance Program is free, confidential, and available 24/7—because support should never come with a price tag or a waitlist. From professional counseling to career coaching and curated online resources, MAP gives you tools to process the hard stuff and move forward with clarity.

Because protecting your mental health is a career strategy.

[Click here to visit the page](#)