



## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

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### Staying Positive in a Negative Work Environment

Work can be stressful, and dealing with difficult coworkers, demanding managers, or workplace politics can take a toll on your mental health. You're not alone—according to Mental Health America's (MHA) 2024 "[State of Mental Health in America](#)" report, 23% of adults—about 60 million people—experienced a mental illness last year. At the same time, [ComPsych data](#) shows that mental health-related leaves of absence have increased by 300% since 2017. That's why taking control of your wellbeing is important, and not letting others dictate your mood or stress levels.

#### Taking Charge of Your Mental Health

Your mental wellbeing should be your priority, and that means learning how to protect your peace at work. Here are some steps to help you manage stress and avoid letting others upset you.

**Set emotional boundaries.** Not every problem at work needs to become your problem. Learn to separate your emotions from workplace conflicts and recognize what's within your control.

**Take breaks.** When tensions rise, step away for a moment. Short breaks can help you reset and regain perspective so that you don't carry unnecessary stress.

**Stay professional, not personal.** If a coworker's negativity is affecting you, keep interactions professional and avoid getting emotionally involved in workplace drama.

**Don't take things personally.** People's actions and attitudes often have more to do with their own struggles than with you. Keep this in mind and let go of unnecessary stress caused by others' behavior.



Use workplace resources. Many companies offer Employee Assistance Programs (EAPs) that provide free counseling and mental health support. If you feel overwhelmed, take advantage of these services.

### How Supporting Others Can Help You

While protecting yourself is key, helping others in a healthy way can also benefit you. Research shows that acts of kindness can boost your mood, reduce stress, and create a sense of fulfillment. Encouraging a positive work environment doesn't mean taking on everyone's burdens—it means offering support while maintaining your own boundaries.

Small actions like showing appreciation, giving a colleague space to vent without taking on their emotions, or simply acknowledging someone's hard work can help improve the workplace dynamic. In return, you'll feel more in control, less stressed, and more engaged in your work.

### Creating a Mindset of Resilience

Your mental health is in your hands. You can protect your peace and maintain your wellbeing by setting boundaries, staying professional, and managing your reactions to workplace negativity.

Prioritize yourself, and don't let workplace stressors dictate your day. Taking charge of your mental wellbeing creates a more positive work experience for yourself and contributes to a healthier workplace culture.



## Wellness Works® Book Review | The Let Them Theory: A Life-Changing Tool That Millions of People Can't Stop Talking About

Mel Robbins' [The Let Them Theory](#) offers a clear and actionable roadmap for personal freedom. Through a simple yet powerful mindset shift, this book provides tools to help readers release control, set boundaries, and focus on what truly matters. With its emphasis on letting go of what you can't change, it's a transformative guide for anyone looking to reclaim their energy and happiness.

### Key Concepts

The book centers around a life-changing principle: when people make choices—whether in their actions, opinions, or decisions—let them. Instead of trying to control, convince, or manage others, Robbins challenges readers to shift their focus inward. This mindset not only reduces stress but also fosters self-trust, emotional resilience, and a greater sense of peace.

The Let Them Theory empowers readers to stop seeking external validation, break free from unnecessary drama, and take ownership of their own happiness. Robbins' approach makes it clear: the key to a fulfilling life isn't controlling others—it's mastering your response to them.

### Practical Applications

Robbins' insights are designed for immediate, real-world application. Through compelling stories, psychological research, and practical exercises, readers learn how to navigate relationships, set healthier boundaries, and free themselves from the pressures of managing other people's choices. Whether it's handling difficult colleagues, improving personal relationships, or building confidence, The Let Them Theory provides a toolkit for lasting change.

### Impact

By adopting this philosophy, readers experience greater clarity, emotional freedom, and a renewed sense of control over their lives. Robbins' approach shifts the focus from frustration to empowerment, allowing readers to stop wasting energy on what they can't change and start creating the life they truly want.

### The Final Word

With its straightforward wisdom and actionable strategies, The Let Them Theory is an essential guide for anyone seeking personal peace and empowerment. Robbins' insights encourage readers to embrace a mindset that leads to less stress, stronger confidence, and a life built on their own terms.