



No more fear in your career



It's easy to get overwhelmed at work and sometimes our responsibilities get the best of us.

This week is International Week of Happiness at Work! We will be bringing you several tips from Jessica Warren from Mind: Unlocked on how setting boundaries, having a healthy work-life balance and deeper relationships at work can help your wellbeing, prospects and enjoyment. Look ahead with no more dread!

Advice & tips



Say so long to Sunday scaries

See how a few tweaks to your work week can make things less bleak.

[See the tip](#)



Stop overcommitting and start living

Set clear boundaries in your career and steer your way out of burnout.

[See the tip](#)



Turn small talk into real talk

Improve your day-to-day, engagement and performance with good relationships.

[See the tip](#)

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