

# How small changes can support a healthier working day

## Tackling everyday stressors:

Too much work, too little time

High self-expectations

Comparison culture

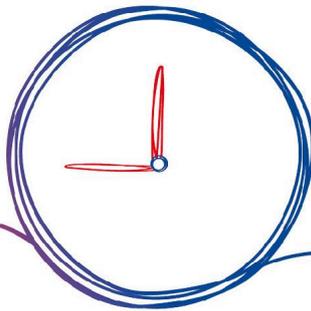
The expectation of constant availability

Anxiety of the future

Financial strain

Lack of breaks

Job insecurity



### Good to know!

Includes digital bonus materials such as checklists, a mental health canvas for self-reflection and a 28-day action plan.

The book follows the rhythm of a typical working day and introduces three fictional but highly relatable characters with whom readers can easily identify. The three fictional characters – Lena, Sami and Felix – accompany readers through the book, making common patterns of behaviour tangible and supporting readers to recognise themselves and reflect on their own habits.

### Backlist Highlight



Maria Bergler  
**The 30-Minute Guide to Managing Mental Load**  
 ISBN 978-3-96739-213-5

- A step-by-step path to greater calm, energy and enjoyment at work
- From managing stress and taking smarter breaks to supporting your wellbeing during the workday – at home or in the office
- Easy to put into practice: Realistic tips with immediate impact

Days that start under pressure, back-to-back meetings, ups and downs in the afternoon and a mind that won't switch off in the evening: for many of us, this is what everyday working life looks like. *Work Healthy, Stay Happy* shows how mental, social and physical wellbeing can be woven into everyday routines – with guidance that's practical, realistic and strictly free from moralising.

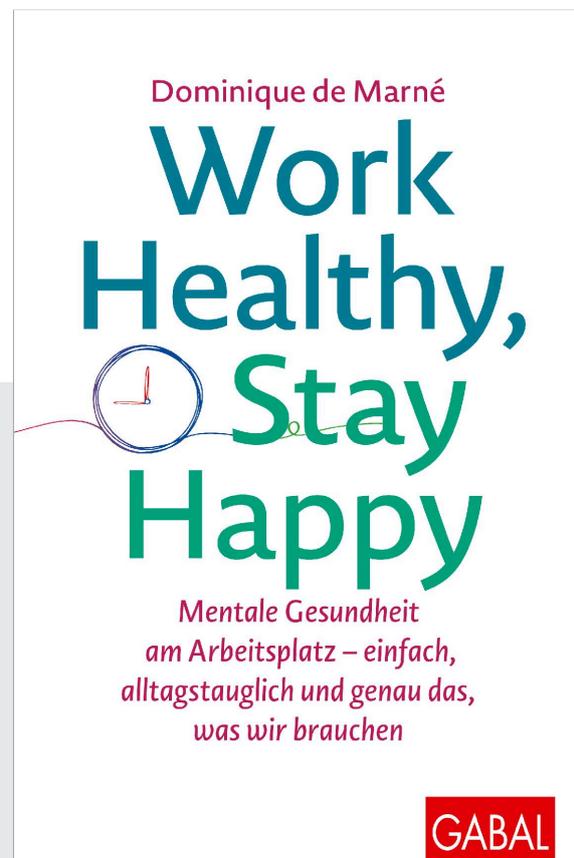
Structured around a typical working day the book shows how mental health concerns and challenges play out in everyday work. Readers are offered concrete tools, strategies and real-world examples they can put into practice instantly, whether they work from home, in an open-plan office or in a hybrid setup.

*Work Healthy, Stay Happy* is an ideal companion for anyone looking to improve their wellbeing at work, strengthen their self-leadership, manage stress more effectively and contribute to a healthier, more modern workplace culture.



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**Dominique de Marné** is an entrepreneur, author, speaker and one of Europe's leading voices on mental health in the workplace. Her work is grounded in psychology and communication theory and shaped by profound lived experience. Having lived with her own mental health challenges for more than 15 years, she is today committed to making conversations about mental health more open, routine and accessible – in working life and beyond.



**Dominique de Marné**

**Work Healthy, Stay Happy**

A practical, everyday guide to mental health at work

184 pages | Softcover

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**Genre:**

HEALTH & FITNESS / Mental Health

SELF-HELP / Self-Management / Stress Management

BUSINESS & ECONOMICS / Personal Success