

References:

American Psychological Association. (2022). Workers appreciate and seek mental health support in the workplace. APA. <https://www.apa.org/pubs/reports/work-well-being/2022-mental-health-support>.

McKinsey & Company. (2021). Help your employees find purpose—or watch them leave. <https://www.mckinsey.com/capabilities/people-and-organizational-performance/our-insights/help-your-employees-find-purpose-or-watch-them-leave>

ResearchGate. (2023). Reflective Journals: A tool for Self-Reflection, Self-Awareness and Professional Development. https://www.researchgate.net/publication/372350059_Reflective_Journals_A_tool_for_Self-Reflection_Self-Awareness_and_Professional_Development

Teresa Amabile & Steven Kramer. (2011). The power of small wins. Harvard Business Review. <https://hbr.org/2011/05/the-power-of-small-wins>