

# Consequences of Workplace Bullying

## Financial, Family, & Social



Loss of  
Income



Strained  
Relationships



Parenting  
Challenges

## Professional and Career



Career  
Stagnation



Lost  
Confidence  
in Leadership



Alienation

## Physical Health



Stress  
Related  
Illnesses



Weakened  
Immune  
System



Insomnia

## Mental Health



Anxiety and  
Depression



Low Self  
Esteem



Post  
Traumatic  
Stress (PTSD)

