HUMÁNALYSTS

Consequences of **Workplace Bullying**

Financial, Family, & Social

Professional and Career



Loss of Income



Strained Relationships



Parenting Challenges



Career Stagnation Confidence



in Leadership



Alienation

Physical Health



Stress Related Illnesses



Weakened **Immune** System



Insomnia



Anxiety and Depression



Mental Health

Low Self Esteem



Post Traumatic Stress (PTSD)

Erdan Tuzukan, Healthy Office Habits, Long Term Effects of Workplace Bullying: 39 Stunning Consequences

