

# MEDICOS NEXT...



**Supporting  
Mental Health in  
the workplace**

**EMOTIONAL  
BREAKDOWN**

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# CONTENT

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## HOW ARE YOU?

Useless  
Broken  
Confused  
Betrayed

Never good Enough

Fragile  
Anxious  
I'm falling apart and

You don't notice it

Rejected  
Lonely  
Defeated  
Pathetic  
Annoying

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