

# Self-determination theory (SDT) to boost WMHT

## Autonomy

Freedom to work in flexible work environment and schedules will provide autonomy for workforce and demonstrate trust.



## Competence

Training and skills development through peer-to-peer mentoring will develop competence, encourage knowledge-sharing, and create empowered workers.



## Relatedness

Workplace design, and group activities will promote cohesiveness among the employees. Bonding can reduce psychological hazards.



# Workplace Mental Health