

MEN'S MINDS / WORK, PURPOSE & IDENTITY

When Work Becomes Your Identity

Work can provide routine, purpose, achievement, connection and a sense of who you are. That can make redundancy, retirement, illness, injury, conflict or financial insecurity feel especially personal. A change at work can affect your identity without defining your worth.

You might recognise

Feeling lost when work changes or stops	Worrying that people value only what you do
Letting work crowd out relationships or interests	Feeling anxious about money or the future
Struggling to imagine a life beyond your role	Noticing that a setback at work feels like a verdict on you

A small next step

Make a short list of roles, relationships and interests that matter outside work. Choose one small activity this week that reconnects you with one of them. If the issue is workplace pressure, consider speaking with someone you trust, a union representative or occupational health.

Where to turn for support

Space to Breathe Therapy	If something here feels familiar and you feel a connection with Space to Breathe Therapy, you're welcome to get in touch and explore whether support feels right for you. 07761 272645 maggie@spacetobreathetherapy.co.uk Contact page
Support with work changes A trusted manager, union representative or occupational-health professional may help you explore adjustments, workload or a transition. If the change is affecting your wellbeing, you can also speak with your GP. NHS mental-health support	Health and emotional support If low mood, anxiety or stress is becoming hard to manage, speak with your GP. In England, many adults can self-refer to NHS Talking Therapies for common mental-health difficulties.

Urgent help in England: If you need urgent mental-health help and it is not an emergency, call NHS 111 and select the mental-health option. If you or someone else is in immediate danger, call 999 or go to A&E. Samaritans offer free, 24-hour listening support on 116 123. Elsewhere in the UK, use your local urgent mental-health service.

Sources: [NHS - finding mental-health support](#) | [NHS - urgent support](#)