



The O'Brien Institute for Public Health &
the Department of Community Health Sciences present:

You better be as stressed as I am: Working men's mental health amidst workplace expectations for busyness

Speaker: Dr. Bonnie Lashewicz

**Friday, January 25, 2019 - 12:00 to 12:50 p.m.
G500 - Health Sciences Centre, 3330 Hospital Dr NW**

In this session we will discuss how paid employment has evolved to entail increasingly positive views of busy lifestyles that include long hours spent working and we will examine men's mental health in terms of men's relationships to paid employment and expectations for "busyness". We will intersect our examination by raising questions about how the products of academic research might be shaped by the power dynamics embedded in researcher adherence to expectations for busyness.

Bonnie Lashewicz is an associate professor in Community Rehabilitation and Disability Studies in the Department of Community Health Sciences. Her program of qualitative research is anchored in feminist scholarship views that the power of research lies not only in whose perspectives are heard, but also in the steps through which perspectives are recorded and interpreted. Bonnie focuses on responsibilities and identities in relation to experiencing and providing support to people who experience, disability, mental health disorder and/or chronic disease diagnoses.

Objectives:

Our purpose is to contribute to understandings of if, and in what ways, men ascribe to workplace expectations for busyness and how these expectations may impact men's mental health.

- 1: To explore if and how working men ascribe to workplace expectations for "busyness".
- 2: To examine men's narrative accounts of the mental health impacts of workplace expectations for busyness.
- 3: To raise questions about how the products of academic research might be shaped by the power dynamics embedded in researcher adherence to expectations for busyness.

This event is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada. This seminar is also available via an online

AdobeConnect session: To attend the seminar from another location via your computer, click on this link:

<https://connectmeeting.ucalgary.ca/oiph-jan25-19/>

Enter as a guest. You may join the session at any time. It is advisable to test your audio before the seminar starts. The AdobeConnect session will be archived and accessible for later viewing at:

<https://www.obrieniph.ucalgary.ca/events/chsobrien-institute-seminar-series>