

Newsweek Quotes Faisal Tai, MD of PsychPlus.com on Toxic Workplaces



WORK

Signs You Might Be the Toxic One at Work

BY **MELISSA FLEUR AFSHAR** ON 3/30/23 AT 8:00 AM EDT

While there's been [plenty of research](#) into how to evade or [escape the clutches of a toxic co-worker](#) or boss, what's far less frequently discussed is how to spot whether you're the toxic one at your company, and if so, what you can do about it.

Frequenting an unhealthy workplace or having to consistently liaise with difficult co-workers can impact all aspects of our lives, especially our mental wellbeing. Faisal Tai, a psychiatrist and head of the mental health platform PsychPlus, told *Newsweek* that a toxic work environment can be defined as one where people are experiencing "corrosive pressures that are draining them and making them want to leave."