

# Three Cultures at Work



## Hostility

Anger, anxiety

Cynicism

Flooding

Indignation

Low productivity

## Indifference

Disengagement

Depression

Loneliness

Isolation

Low productivity

## Appreciation

Camaraderie

Commitment

Pride in work

and group

Optimal productivity

## Physiological Impact:

Increase in hormones,  
adrenaline, cortisol

Risk factor for heart  
disease, rapid aging

Immune system  
compromised

Increased # illnesses  
Risk factor for cancer

Increased endorphins  
Enhanced immune system

Longevity, health  
Feelings of well being  
Relief from symptoms

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