Mental Health Consequences of Poor Work Conditions on Canadian Muslim Women

Underemployment and unemployment	• Canadian Muslim women internalize their joblessness as a reflection of their personal worth
Precarious (temporary) employment	• Constant instability and unpredictability makes it stressful for Canadian Muslim women to advance in their careers or skills trainings
Full-time, regular employment	• Especially for those who experience discrimination on the job, Canadian Muslim women describe a lack of motivation to advance