Wellness in Boston’s Restaurant Industry

**Topic:** Lack of attention paid to mental and physical health in the restaurant industry, specifically in Boston.

**Questions to explore:** Is it fair that restaurant workers are seen as expendable? Are the expectations of restaurant workers unreasonable and inhumane? How does an addictive personality come into play in restaurants? What is the responsibility of the management to ensure the wellness of their staff? How does fear drive the engine of restaurants? Does your dining experience change when you know that state/lifestyle of the person preparing your food with their hands?

**Sites/articles to consult:**

<https://www.nytimes.com/2017/07/03/dining/sean-brock-chef-rehab.html>

<http://www.npr.org/sections/thesalt/2017/05/09/524398689/new-businesses-give-restaurant-workers-the-tips-they-ache-for-wellness>

<http://chefswithissues.com/category/mental-health/>

<http://www.grubstreet.com/2016/02/restaurant-industry-mental-wellness-awareness-campaigns.html>

<https://www.bostonglobe.com/lifestyle/food-dining/2016/02/29/why-working-restaurant-industry-can-hard-your-mental-health/NaqWdSHvKJtZQCoberbLjP/story.html>

**Interviews to conduct:**

* Tiffani Faison
* Dan Raia
* Chelsie Lincoln’s friends
* Jody Adams

**Interview questions:**

**Notes:**

* We talked about it a lot last year but we still need to talk about it
* Dating a chef, they are all-consumed, easy to hide from issues and not be discovered
* Barbara Lynch OUI
* Serve people great food but those making it are suffering
* Must work unless you are literally bleeding out or vomiting uncontrollably
* Expected to work at least 10-hour days
* Little to no paid vacation
* Easy to work up if dedicated but then get stuck
* Can change jobs easily
* May not have a substance abuse problem but it is easy to slip into that when you are going out after work all the time and have such easy access to drugs and alcohol
* Sitting up waiting for James for all hours
* Cooking dinner for us
* Valentine’s Day

I shared my life with someone who was not well. He lied to my face for a year. He hurt me and hurt himself. He hid behind his job.