

Workplace Stress

- Workplace stress is the physical and emotional harm that occurs when the requirements of the job do not match the capabilities, resources, or needs of the worker.
- Stress is often seen by the change in behaviour, as this is more obvious, but by this time stress could have been going on for many months, even years.
- Stress can lead to poor health and even injury.
- The Psychological signs of stress are:
 - Taking of illegal drugs
 - Changes to attitude to work, poor time management; poor standards of work and absenteeism;
 - Lack of confidence or self esteem, social withdrawal and relationship problems.
 - Mood swings; angry or aggressive outbursts; feeling nervous; irritable or reckless.
 - Being defensive or extra sensitive to criticism.
 - Inability to make a simple decision, lack of motivation, memory lapses and becoming easily distracted.
- The Physical signs are:
 - Changes in appearance; self neglect, lack of personal hygiene or appearing tired.
 - Sudden weight loss or gain.
 - Muscle aches & pains.
 - Becoming more common to illness and infections.
 - Panic attacks; hyperventilating, feeling of a “lump in the throat”, pins & needles.
 - Heart problems and high blood pressure.
- Around 1 in 5 people in the UK suffer from stress.
- Everyone has to deal with life’s problems. A key to dealing with the big and little everyday problems is to deal with stress in a positive way.
- Don’t worry about things you have no control over; accept when things are beyond your control. Think positive thoughts.
- Try to focus on the positive side of situations and this will reduce your stress level.
- Don’t worry about things that haven’t happen yet, keep things in perspective.
- Think about the situation in your life that causes you stress. Are they important or unimportant? Are they controllable or uncontrollable.
- Make sure you seek medical attention, if you begin to experience the following conditions:
 - Frequent headaches.
 - Inability to sleep.
 - Difficulty concentrating.
 - Upset stomach.
 - Short temper.
- Inform your line – manager.
- Advise what medication you are taking
- Advise whether it will affect your work.
- People can suffer stress not just from major life events or changes, smaller insignificant events can bring it on.
- Ask for help, don’t let things fester, The company can’t help if they don’t know theirs a problem.

