



Safety Share

Workplace Stress

Workplace stress is the harmful physical and emotional response that can happen when there is a conflict between an employee's job demands and the amount of control they have on meeting those demands. Some workplace stress is normal but too much can impact health, relationships, quality of work and job satisfaction.

Causes:

- Pace and amount of work
- Not enough time to complete a task
- Shiftwork or hours of work
- Skills or training that do not match job demands
- Lack of appreciation or control
- Conflicting job demands

Signs and symptoms:

- Feeling anxious, irritable or depressed
- Loss of interest in work
- Fatigue or problems sleeping
- Trouble concentrating
- Muscle tension or headaches
- Stomach problems
- Social withdrawal
- Using alcohol or drugs to cope



Reducing stress can improve job satisfaction and your well-being at work and home. Reaching out, eating right, exercising and getting enough rest can help reduce stress.