

Work-related stress

Work-related stress can be caused by various events. For example, a person might feel under pressure if the demands of their job (such as hours or responsibilities) are greater than they can comfortably manage. Other sources of work-related stress include conflict with co-workers or bosses, constant change, and threats to job security, such as potential redundancy. In Australia, the total cost of workers compensation claims for stress-related conditions is estimated at over \$200 million every year. According to the National Health and Safety Commission, work-related stress accounts for the longest stretches of absenteeism. However, what one person may perceive as stressful, another may view as challenging. Whether or not a person experiences work-related stress depends on the job, the person's psychological make-up, and other factors (such as personal life and general health).

Symptoms

Some of the symptoms of work-related stress can include:

- Depression
- Anxiety
- Feelings of being overwhelmed and unable to cope
- A drop in work performance
- An increase in sick days or absenteeism
- Sleeping difficulties, such as insomnia
- Cognitive difficulties, such as a reduced ability to concentrate or make decisions
- Fatigue
- Headaches
- Heart palpitations
- Gastrointestinal upsets, such as diarrhoea or constipation
- Increased aggression.

Possible consequences

For businesses, work-related stress causes an increase in sick days and absenteeism, a higher turnover of staff and a drop in productivity. Some of the possible consequences of work-related stress for the individual include:

- Increased susceptibility to workplace accidents
- Deterioration of personal relationships
- Ill-health, including an increased risk of cardiovascular disease
- Workplace aggression and violence.

A range of causes

Some of the factors that commonly cause work-related stress include:

- Long hours
- Heavy workload
- Changes within the organisation
- Tight deadlines
- Changes to duties
- Job insecurity
- Lack of autonomy
- Boring work
- Insufficient skills for the job
- Over-supervision
- Inadequate working environment
- Lack of proper resources
- Lack of equipment

- Few promotional opportunities
- Harassment
- Discrimination
- Poor relationships with colleagues or bosses
- Crisis incidents, such as an armed hold-up or workplace death.

Self-help for the individual

A person suffering from work-related stress can help themselves in a number of ways, including:

- Think about the changes you need to make at work in order to reduce your stress levels, then take action. Some changes you can manage yourself, while others will need the cooperation of others.
- Talk over your concerns with your employer or human resources manager.
- Make sure you are well organised. List your tasks in order of priority. Schedule the most difficult tasks of each day for times when you are fresh, such as first thing in the morning.
- Take care of yourself. Eat a healthy diet and exercise regularly.
- Consider the benefits of regular relaxation. You could try meditation or yoga.
- Make sure you have enough free time to yourself every week.
- Don't take out your stress on loved ones. Instead, tell them about your work problems and ask for their support and suggestions.
- Drugs, such as alcohol and tobacco, won't alleviate stress and can cause additional health problems. Avoid excessive drinking and smoking.
- Seek professional counselling from a psychologist.
- If work-related stress continues to be a problem, despite your efforts, you may need to consider another job or else a career change. Seek advice from a career counsellor or psychologist.

Work-related stress is a management issue

It is important for employers to recognise work-related stress as a significant health and safety issue. A company can and should take steps to ensure that employees are not subjected to unnecessary stress, including:

- Ensure a safe working environment.
- Make sure that everyone is properly trained for their job.
- De-stigmatise work-related stress by openly recognising it as a genuine problem.
- Discuss issues and grievances with employees, and take appropriate action when possible.
- Devise a stress management policy in consultation with the employees.
- Encourage an environment where employees have more say over their duties, promotional prospects and safety.
- Organise to have a Human Resources Manager.
- Cut down on the need for overtime by reorganising duties or employing extra staff.
- Take into account the personal lives of employees and recognise that the demands of home will sometimes clash with the demands of work.
- Seek advice from health professionals, if necessary.

Where to get help

- Your doctor
- Psychologist
- Your manager
- Human resources manager at your workplace
- WorkCover Advisory Service Tel. 1800 136 089

Things to remember

- In Australia, the total cost of workers compensation claims for stress-related conditions is estimated at over \$200 million every year.
- Some of the many causes of work-related stress include long hours, heavy workload, job insecurity, and conflicts with co-workers or bosses.
- Symptoms include a drop in work performance, depression, anxiety and sleeping difficulties.
- It is important for employers to recognise work-related stress as a significant health and safety issue.

- A company can and should take steps to ensure that employees are not subjected to unnecessary stress.

This page has been produced in consultation with, and approved by:

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