Causes of work-related stress

1. Excessive workload and/or not enough time to complete tasks
2. Conflicting demands and lack of clarity over roles
3. Mismatch between the demands of the job and the competence required
4. Lack of involvement in making decisions
5. ...

Stress is our mind and body’s reaction to a situation that is overwhelming. It can lead to burn-out, anxiety, depression and symptoms like high blood pressure, sleeplessness, stomach problems and back pain.

How is stress managed by companies/managers in Europe?

- 79% have concerns
- Less than 30% have procedures
- 40%-50% (larger workplaces) have measures in place
- 20%-30% (smaller workplaces) have measures in place

Workers attribute stress to:

- 59% being subject to unacceptable behaviours such as bullying or harassment
- 66% excessive workload
- 72% job reorganisation or job insecurity
- 50% say that stress is not well handled in their workplace

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