WORK-RELATED STRESS

WHAT IS WORK-RELATED STRESS?
The response a person experiences when their work demands do not match their knowledge and abilities, challenging a person's ability to cope

COMMON CAUSES OF WORK-RELATED STRESS
- Lack of ability to control work decisions and processes
- Conflict and/or lack of support from supervisors and colleagues

COMMON SIGNS AND SYMPTOMS
- Headache
- Muscle tension or pain
- Fatigue/insomnia
- Weakened immune system
- Changes in mood
- Poor sleep

HOW SYMPTOMS AFFECT SOMEONE AT WORK

Physical
- Feeling fatigues
- Increased heart rate and/or blood pressure
- Sweating

Cognitive
- Difficulty multitasking
- May be easily distracted
- Difficulty following instructions and concentrating

Emotional
- Mood changes including feelings of sadness, anxiety, and/or irritability, which may affect relationships at work

WORK-RELATED STRESS MANAGEMENT
- Contact your health care provider for assessment and management of your symptoms
- If your symptoms are affecting you at work, please reach out to the Employee Well-being Consultant for your department for support
- For more information, please refer to:
  - OHCOW - Workplace Mental Health Resources
  - CCOHS - Mental Health Resources

Disclaimer: This handout is provided as educational information and does not substitute for the consultation, diagnosis, or treatment from qualified healthcare providers. External resources have been carefully selected but are not produced by Western University. References available upon request. Illustrations by vectorjuice on Freepik.