# **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 <u>Employee Well-being</u> <u>Consultant for your department</u> for support
- For more information, please refer to:
  - OHCOW Workplace Mental Health Resources
  - <u>CCOHS Mental Health Resources</u>

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

