



DON'T LET STRESS GET YOU DOWN

Job stress is the physical and emotional harm that occurs when the requirements of a job do not match the capabilities, resources or needs of the worker. Job stress can lead to poor health and even injury.

Access Assistance

 **0800 652 1618**
 support@electricalcharity.org

Available 7 days a week offering free and independent assistance for virtually any problem or issue you may encounter. Our trained advisors assist everyone with respect and empathy.



WORKPLACE STRESS



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Here is an example:

In 1990, a local court upheld a compensation claim by a construction worker who had difficulty keeping up with the pressures of the job site. To avoid falling behind, he tried to take on more tasks and often got parts mixed up. As a result, he was repeatedly yelled at by the foreman. He suffered a psychological breakdown.

- > **Do you ever feel overwhelmed by the amount of work you have?**
- > **How do you handle the pressure? (For example do you talk with other workers, keep to yourself, or discuss it with your supervisor?)**
- > **Do you find yourself yelling at your site staff?**

Handling workplace stress

1. Tell your supervisor how you feel.
2. Reduce job stress by taking care of yourself.
3. Engage in regular exercise; it is a powerful stress reliever.
4. Realise that your job may not be the best option for your personality or with your other responsibilities (such as children, school and medical conditions).
5. Make sure you seek medical advice if you begin to experience the following conditions:
 - Frequent headaches
 - Inability to sleep
 - Difficulty concentrating
 - Upset stomach
 - Short temper

EIC support services

Telephone counselling

Careers advice

Career transition assistance

Free confidential assistance available 24/7