

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](#)