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Cause of Stress

- Fear of losing job
- Working under dangerous conditions
- Being unhappy in your job
- Having a heavy workload or too much responsibility
- Working long hours
- No say in the decision making
- Poor working conditions
- Low wages
- Facing discrimination or harassment at work
- Having to stand up and give a speech in front of your colleagues



Health issues caused by Stress

- Anxiety
- Depression
- Insomnia
- Restlessness
- Poor Digestion
- Tiredness - leading to dizziness, headaches
- Smoking and Drinking, this can lead to other health problems such as high blood pressure, kidney disease, heart disease, depression and other health complications
- Over eating can also lead to heart disease caused by stress



How to avoid Stress

- Work smarter, not harder - Working smart means prioritising the work that can make the difference.
- Be positive - Look for the positivity in life
- Learn to say "NO!" (Take Control)
- Accept the things you cannot change
- Schedule the working day
- Take regular breaks
- Set yourself goals and challenges for the working day
- Keep a balanced and healthy lifestyle
- Seek support and connect with colleagues
- Eliminate any and all interruptions



Stress can cause your body to release hormones and chemicals because it thinks it is under attack by a microbe so it takes physical action. This can cause symptoms that make you feel unwell and long term stress can lead to genuine health problems. Because the body thinks it is under attack the blood diverts away from certain areas in the body so it can cause digestive problems

