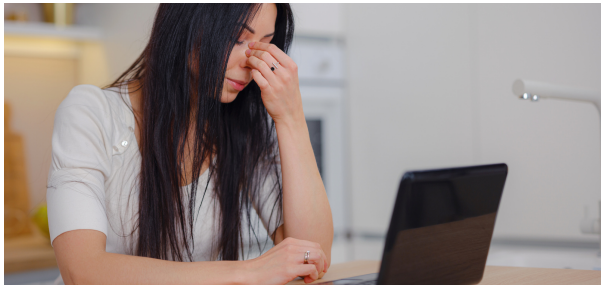


Supporting ourselves when work is a source of stress



In the fast-paced world of work, it's not uncommon to encounter stressors that can impact our overall wellbeing. At LearningWell, we understand the importance of addressing workplace stress, as it significantly influences colleagues' health and overall quality of life.

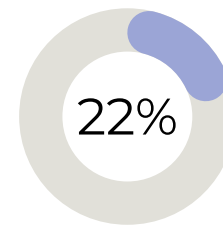
Causes of workplace stress

Common workplace stressors include lack of control over our workload, high demands, ambiguity over responsibilities or expectations, difficult colleague relationships, bullying and inadequate support.

Recognizing stress is pivotal in its effective management. Emotionally, we may experience irritability, mood swings, or overwhelm. Psychologically, we may notice persistent worry or difficulty concentrating. Physiologically, stress often presents as muscle tension, headaches, or poor sleep. Behaviorally, we might notice altered eating habits or withdrawal from social interactions.



Work-related stress and mental illness accounts for over half of work absences – and costs British businesses an estimated £28 billion per annum.



Nearly a quarter of people say they often or always feel exhausted in their jobs (22%), or under excessive pressure

Best Practise in Action

- 1. Establish Boundaries:** Set realistic boundaries for workload and commitments. Prioritise tasks, delegate when possible, and manage time efficiently.
- 2. Cultivate Resilience:** Focus on areas within your control, and develop resilience to cope with changes.
- 3. Open Communication:** Communicate openly with line managers and colleagues about workload, expectations, and concerns. Reach out to colleagues, mentors, or external support services when facing challenges.
- 4. Conflict Resolution:** Address conflicts diplomatically and consider seeking mediation for resolution.
- 5. Know Your Rights:** Familiarise yourself with workplace policies on harassment, bullying, and discrimination.

By addressing stressors proactively, we can be empowered to create healthier work environments.

Interested in learning more about stress in the workplace? Visit www.thelearning-well.com to learn more about our engaging educational workplace training.