

OVERCOME STRESS IN THE WORKPLACE

Feeling stressed in the workplace is a common issue among employees. This problem can affect mental health.



1 in 5 people feel burnout in their workplace.



Stress in the workplace can result in

- Lowers job satisfaction
- Intensifies mental health issues
- Shortens our temper and makes us feel irritated
- Makes it difficult to focus and concentrate on tasks

Cause of stress

- Little opportunity to advance
- Low salaries
- Heavy workloads
- Work that doesn't challenge or engage
- Unclear or conflicting performance expectation
- Lack of social support

How to overcome stress

- Take time to recharge/Take time off
- Build good communication with your colleague
- Get support
- Get enough rest