DID YOU KNOW? STRESS KILLS!

In today’s world, most people admit that they have an increasing sense of anxiety, pressure, frustration, uneasiness and are discontent in nearly every aspect of their lives.

The rate of change has become so furious and fast that, unless one has an adequate point to anchor oneself, stress can be potentially devastating: one may suffer from a perpetual sense of uneasiness in one’s heart and mind.

Stress is a number one killer. The American Institute of Stress cites that 43% of all adults suffer adverse health effects due to stress. 80% of all visits to primary care physicians are for stress related complaints or disorders.

SO DOES WORKPLACE STRESS!

Numerous studies worldwide confirm that workplace stress is by far the major source of stress for most adults and this has escalated progressively over the past two decades. Most people complain to be requiring to work fast, under pressure and under tight deadlines. Increased levels of workplace stress largely contribute to serious health consequences such as heart attacks, hypertension, anxiety, depression and suicide.

FOR MORE INFORMATION AND ANY ADVICE ON OCCUPATIONAL SAFETY AND HEALTH MATTERS, PLEASE CONTACT US:

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WHAT IS STRESS?

Stress is related to your inner peace, your emotional control, life’s events and your ability to cope. It is a pressure produced when responsibilities exceed one’s coping abilities. In physiological terms, it is the rate of wear and tear in the body. Essentially, it is the non-specific response of the body to any demand placed upon it to adapt.

GOOD STRESS

Good Stress, also known as Eustress, arises in any situation that makes a person happy through motivation and inspiration.

BAD STRESS

Conversely, Bad Stress or Distress is related to a negative interpretation of an event which makes you feel miserable and unhappy. There are two types of bad stress:

- Acute Stress - which is intense in nature and of short duration
- Chronic Stress - which is not so intense as acute stress but that lingers for a prolonged period of time.

WHAT IS WORKPLACE STRESS?

Workplace stress refers to the adverse reaction people have to excessive pressures or other types of demand placed on them at work. Workplace stress is a state and not a disease. However, if the stress becomes too excessive and prolonged, mental and physical illness may develop.

SOME SYMPTOMS OF WORKPLACE STRESS

The major symptoms of workplace stress for the worker can be:

♦ having depressive feelings,
♦ disappointment with oneself,
♦ increased emotional reactions,
♦ loneliness; mood swings
♦ changes in sleeping and eating habits,
♦ increased smoking or drinking and inability to concentrate.

At the level of groups or teams, there will be recurrent complaints and grievances, disputes and disaffection, increased sickness, absence and poor performance.

SOME CAUSES OF WORKPLACE STRESS

There are several causes of stress. Some of them are: inability to cope with demands of jobs, control at work, lack of support from colleagues and superiors, relationship problems at work especially related to bullying and harassment, lack of well-defined roles and responsibilities and unplanned organizational change.

SOME TECHNIQUES TO COPE WITH WORKPLACE STRESS

→ Recognize signs and symptoms of excessive workplace stress.
→ Take care of yourself by exercising regularly and have a positive lifestyle.
→ Prioritize and organize your work through time management and discipline.
→ Resolve conflicts positively through communication.
→ Resist perfectionism.
→ Cultivate a friendly social climate and culture at the workplace through common activities.