

What is STRESS?



Stress is the body's automatic response to any demand for change. It is characterised by a series of physical and emotional reactions that prepare the body to act in the face of perceived danger.

Although stress is a natural and necessary response for survival, chronic stress can be harmful to health.

Types of STRESS



Acute stress

This is the most common type of stress and arises from the demands and pressures of the recent past and those anticipated in the near future.

Episodic acute stress

Occurs in people whose lives seem to be disordered by constant worries.

Chronic stress

This type of stress sets in when a person never sees a way out of a miserable life and continues to face stressors that seem incessant.



UK STATISTIC



13.7 million working days are lost each year in the UK because of work-related stress, anxiety, and depression, costing £28.3 billion yearly.

Source: National Institute for Health and Care Excellence (NICE)

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million

Working days

£28.3
billion

Lost

Common CAUSES



The causes of stress are varied and highly individual. However, some common sources include:



Financial problems



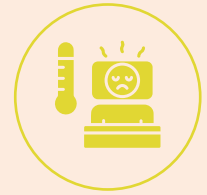
Personal relationships, such as marriage or family relationships



High workload or unemployment (Burnout)



Major life changes



Personal or family health problems

Work-related STRESS



Work-related stress occurs when the demands of the job exceed the individual's ability to handle them. Factors such as work overload, conflicts with colleagues or bosses, and lack of control over work are significant contributors.

This type of stress not only affects the individual's mental and physical health but also reduces productivity and overall well-being in the workplace.

How to cope with STRESS?



Managing stress effectively requires a proactive approach. Some strategies include:

Disengagement from work

Relaxation techniques

Organisation and time management

Regular physical activity

Social support

Seeking professional help

