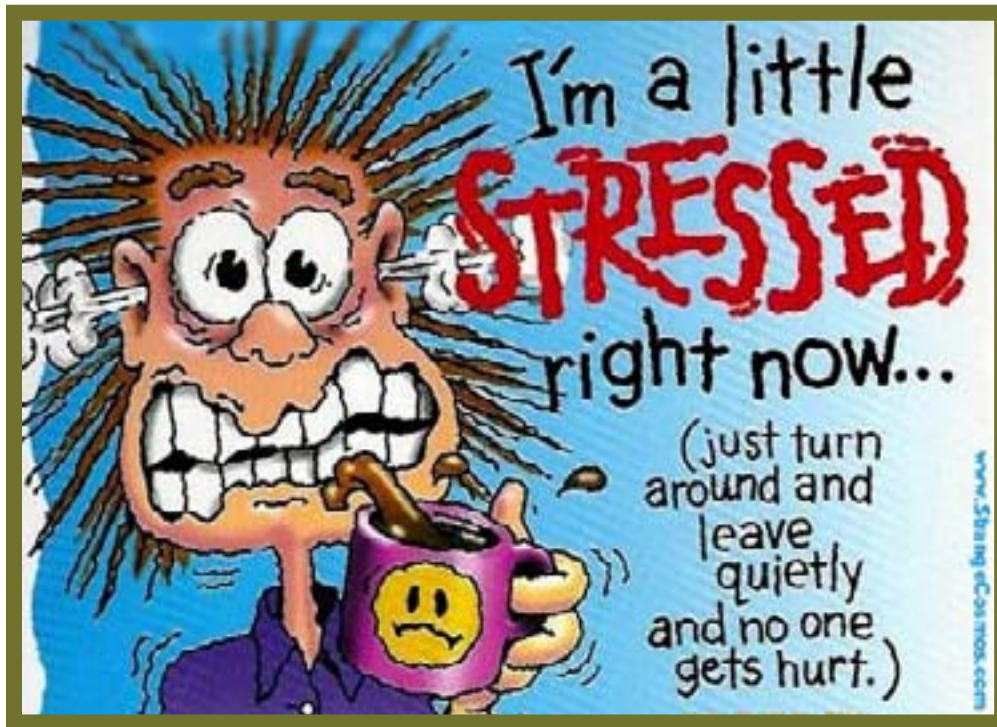


Weekly Safety Tip

Stress at Work



Following are a few of the many web sites with information that can help you to identify the stressors in your life and provide tips and suggestions for reducing that stress.

[Stress at Work](#)

[50 Common Signs](#)

[Growth of Stress at Work](#)

[Stressing Out](#)

The nature of work is changing at whirlwind speeds. According to a recent study commissioned by Regus, a provider of flexible workplace options, almost **50%** of workers worldwide reported an increase in stress levels last year! This study also found that stress-related health conditions account for **75% to 90%** of all doctor visits, and that **30% to 50%** of new disability benefit claims are attributed to poor mental health. Some statistics suggest that up to **60% to 70%** of workplace accidents may be caused or influenced by stress.

Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Stress is often confused with challenge, however these concepts are not the same. Challenge is important for health and productive work; it energizes and motivates us while providing satisfaction and accomplishment when the task is completed.

If you feel that you are stressed at work, you should first try to identify the sources and then determine the best way to avoid or minimize the sources of that stress. Every person and situation is different.