

SPOTTING WORKPLACE STRESSORS

HOW'S YOUR DAY GOING?

- **Too much to do?**
- **Too many tight deadlines?**
- **Need help or support?**

Struggling to cope with your workload?



THESE ISSUES CAN LEAD TO STRESS AND ILL HEALTH

If you feel you're having problems speak to



[hse.gov.uk/stress](https://www.hse.gov.uk/stress)

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SPOTTING WORKPLACE STRESSORS

HOW'S YOUR DAY GOING?

- **Need more training?**
- **Struggling with parts of your job?**
- **Need more support?**

Do you need more training to get your job done?



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HOW'S YOUR DAY GOING?

- **Struggling to cope with the work?**
- **Need help or support?**
- **Need to talk to someone?**

Need more support to get your job done?



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HOW'S YOUR DAY GOING?

Problems within the team?

- Are you being bullied, harassed or facing discrimination?
- Is there friction in your team?
- Does your manager give supportive feedback?



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HOW'S YOUR DAY GOING?

Lack of control over your job?

- **Is your job flexible?**
- **Can you make choices about what you do?**
- **Is your job all about reacting to demands?**



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HOW'S YOUR DAY GOING?

Is change managed well in the organisation?

- Are you consulted about changes in your team?
- Can you have input into changes before they happen?
- Are you told the reason for change?



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