

Stress Management – In today’s world we are able to access our work email from all over the globe, this means you can stay on top of everything that is going on around you but what does it mean to your day’s off Not being able to switch off can be damaging not only to your work life balance but to you.

Workplace stress is the single biggest cause of sickness in the UK. Statistics show that over 100 million days are lost to stress each year, they estimate that this costs UK employers over £1billion each year. Recognising the symptoms of stress sooner rather than later can help you reduce the risk of serious illness and long term absence.



Why not check out your stress levels with our simple quiz:

	A	B	C
1. Do you feel run down and drained of energy?	Never	Sometimes	Always
2. Do you have negative thoughts about your job?	Never	Sometimes	Always
3. Do you have little or no sympathy for other colleagues?	Never	Sometimes	Always
4. Are you easily irritated by small problems or your team?	Never	Sometimes	Always
5. Do you feel misunderstood or unappreciated by your peers?	Never	Sometimes	Always
6. Do you feel that you have no one to talk to?	Never	Sometimes	Always
7. Are you not achieving your goals?	Never	Sometimes	Always
8. Do you feel a constant pressure to succeed?	Never	Sometimes	Always
9. Do you get no job satisfaction anymore?	Never	Sometimes	Always
10. Do you sometimes wonder why you are in your role?	Never	Sometimes	Always
11. Are elements of your job frustrating you?	Never	Sometimes	Always
12. Do you feel that there is more work than time?	Never	Sometimes	Always
13. Are you completing tasks without giving them the quality time you normally would?	Never	Sometimes	Always
14. Do you not have time to plan anymore?	Never	Sometimes	Always

Are you in control of your job or has your job taken control of you, if you are mostly:

A's) you seem to have your job under control, managing deadlines and pressure from above clearly doesn't faze you. Don't become lax in your role though, it could also be that you have already exceeded your goals and you have actually become stuck in the role. Perhaps it is time to re assess where you are in the business and ensure that this is the role for you.

B's) there are signs of stress and it is important that you look carefully at the area's you are finding difficult. Discuss this with your manager or other trusted member of your team. It could be that better planning within the team could ease the pressure on you. Don't just brush it under the carpet and hope it will get better.

C's) stress isn't anything to be ashamed off and actually a little bit of stress, well managed, in the workplace can be a good thing. However, the level of stress that you are experiencing could be something more sinister and harder to control. Think about what is really making you so unhappy, and what you can do to improve it. Don't be ashamed to ask for help, either from a colleague, family member or even your local GP. If you find yourself constantly feeling like you can't handle your role, feeling like there is no way out of your situation and are feeling easily irritated it is important to take a step back and work on helping yourself.

There are many practical solutions to manage work place stress, for more information or to attend one of our popular training courses why not give us a [call](#).