

What is stress?

Stress is defined by the Health and Safety Executive as:
“the adverse reaction people have to excessive pressure or other types of demand placed on them”

Pressure in itself is not necessarily bad and many people thrive on it – it is when pressure is experienced as excessive by an individual that ill health can result.

HSE commissioned research has indicated that:

- about half a million people in the UK experience work-related stress at a level they believe is making them ill
- up to 5 million people in the UK feel “very” or “extremely” stressed by their work
- work-related stress costs society about £3.7 billion every year (at 1995/6 prices)
- work-related stress is a serious problem for organisations. Tackling it effectively can result in significant benefits for organisations
- there are things organisations can do to prevent and control work-related stress
- since August 2003 the Health & Safety Executive has served 3 enforcement notices on major employers for failing to control levels of stress among workers
- the best way to tackle stress is to take a best practice approach, based on modern management tenets such as communication, consultation and empowerment
- the benefit of tackling stress is that you will be better placed to stop stress getting out of hand and resulting in expensive claims
- the law requires organisations to take action

We Can Help

Job related stress is often an issue that cannot easily be dealt with internally. Our **Career Options Programme** helps individuals to make informed decisions about how to manage changes within an organisation and within their careers.

**For more information please call 01892 518788 or email info@eurocareer.co.uk
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