



How should I help tackle work related stress?

Your employer is responsible for preventing stress at work. However, for best effect, you should work together with your employer, manager and trade union or other employee representative.

Some Practical Steps:

- ◆ **Talk** to your employer and trade union or other employee representative if there are problems; if there are difficulties in going directly to your employer, your representative could raise the issue for you;
- ◆ Help to **identify problems**, their possible **solutions** and how they **could be implemented** by getting involved with your employer's stress risk assessment; it should help to use the questions above to identify problems and then think of solutions for your workplace;
- ◆ Help to **check that the solutions work**; Discuss your situation with your organisation's occupational health service or employee assistance service, if available; If none of these options are effective, you could contact your labour inspectorate for further advice.
- ◆ Go to see your **doctor if you are worried about your health**.
 - ◆ Work on **life-style improvements** will also help; these will not solve the problem but should help in avoiding or reducing harm.
 - ◆ Healthier **eating**,
 - ◆ Taking more **exercise**,
 - ◆ Keeping within guidelines for **alcohol** consumption,
 - ◆ Reduce or stop **smoking**
 - ◆ Keep up with **family and friends**

Some useful Books:

"**Bullying and Emotional Abuse in the Workplace, International Perspectives in Research and Practice**" (Cary Cooper – Editor) at <http://www.ad-lucem.com/Aft/Amcooperbully.htm>

"**Stress and Strain**" – Cary Cooper at <http://www.ad-lucem.com/Aft/Amcooperstresstrain.htm>

Further Titles at <http://www.ad-lucem.com/Books>