

# SPOTTING THE SIGNS OF WORKPLACE STRESS

## 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://hse.gov.uk/stress)

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# SPOTTING THE SIGNS OF WORKPLACE STRESS

## 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?

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

**Problems within  
the team?**



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## HOW'S YOUR DAY GOING?

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

**Lack of control  
over your job?**

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## HOW'S YOUR DAY GOING?

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

Is change  
managed well in  
the organisation?

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