

One Pager Workplace Stress Fact Sheet

This one page depicts the fact sheet for workplace stress. It provides information about major causes of stress and its impact on the employee's personal life. It also covers multiples solutions for effective stress management.



Workplace Stress

- Nearly 42 % of full time employees say that they face stress at the workplace regularly due to tight deadlines etc.
- Add Text Here

Have you experienced stress at workplace ?



Major Causes



Tight Deadlines
• Add Text Here



Not Supportive Peers
• Add Text Here

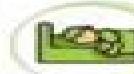


Not Enough Staff
• Add Text Here



Not Adequate Budget
• Add Text Here

Impact on Personal Life



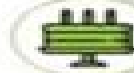
Loss of Sleep
• Add Text Here



Health Issues
• Add Text Here



Mood Disorders
• Add Text Here



Missed Personal Commitments
• Add Text Here

Stress Management Solutions



Conduct stress management sessions
• Add Text Here



Encourage employees to take lunch breaks
• Add Text Here



Discourage 24/7 work access
• Add Text Here



Provide medical assistance to employees
• Add Text Here

Report On Workplace Stress

Raffaela Di Napoli



Report On Workplace Stress:

Delve into the emotional tapestry woven by in **Report On Workplace Stress** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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