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Stressed Out At Work!!



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All of us will work at some stage during our lives, and the majority of people will work for someone else. While work can be a really positive experience for most people, unfortunately for some it is a source of stress and tension. Quite a few years ago when jobs were abundant, often the answer was to find another job if you didn't like your current job or workplace. That's not so easy now – jobs are scarcer, financial pressures can often limit our decisions, and sometimes the grass isn't greener on the other side.

Below are some ways that individuals experience stress and tension at work, and some ways in which you might be able to deal with them.

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something more you would
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Feeling Powerless : Often employees with high stress levels state that they have too much responsibility and too little authority, that work practices are unfair, and that job descriptions aren't clear enough – leading to a feeling of powerlessness. Not managed, this powerlessness can result in helplessness and hopelessness – key features of depression. **Employees can work through these pressures by discussing them directly with their immediate Supervisors, HR Departments, Unions or other relevant organisations. Maybe even consider getting your Position Description updated so that you**

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and your Supervisor agree on what your job role is.

Constraints : While we'd all love to find a job that we love, and as the saying goes "never work another day in your life", this isn't reality for some employees. If you're in a job that doesn't fit or that you don't particularly like, it could be having a serious impact on your stress levels, your productivity, and your mind and body. **Employees can, in the short-term, learn stress management techniques to help deal with the impact of feeling 'tied' to a job. And in the long-term, employees can investigate alternative options, consider new career paths, or maybe even accept that the benefits outweigh the challenges.**

Work Setting : Sometimes where you work can create stress and tension – noise, lack of privacy, poor lighting, poor ventilation or even authoritarian, laid back or micro-managing supervisors all contribute to feeling psychologically overwhelmed at work.

Again, employees can address these stressors by discussing them directly with their immediate Supervisors, HR Departments, Unions or other relevant organisations.

If All Else Fails : If nothing helps, and the working environment remains stressful, you may have to consider getting a new job. While job hunting can be stressful, going to work and being worn down by stress and tension is far worse.

If you would like help with your thoughts, feelings or behaviours, please contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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