Stress (for employees)

Stress can lead to serious health problems

1 Tell your manager if you can't complete your tasks.

2 Ensure that you have some control over how you work.

3 Make sure that you have adequate support.

4 Treat people with respect and see that people treat you with respect.

5 Know what you're supposed to achieve.

6 Ensure people consult you about changes before they happen.

7 Look after yourself, mind and body, outside work.

Name	Signature	Date	Name	Signature	Date

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