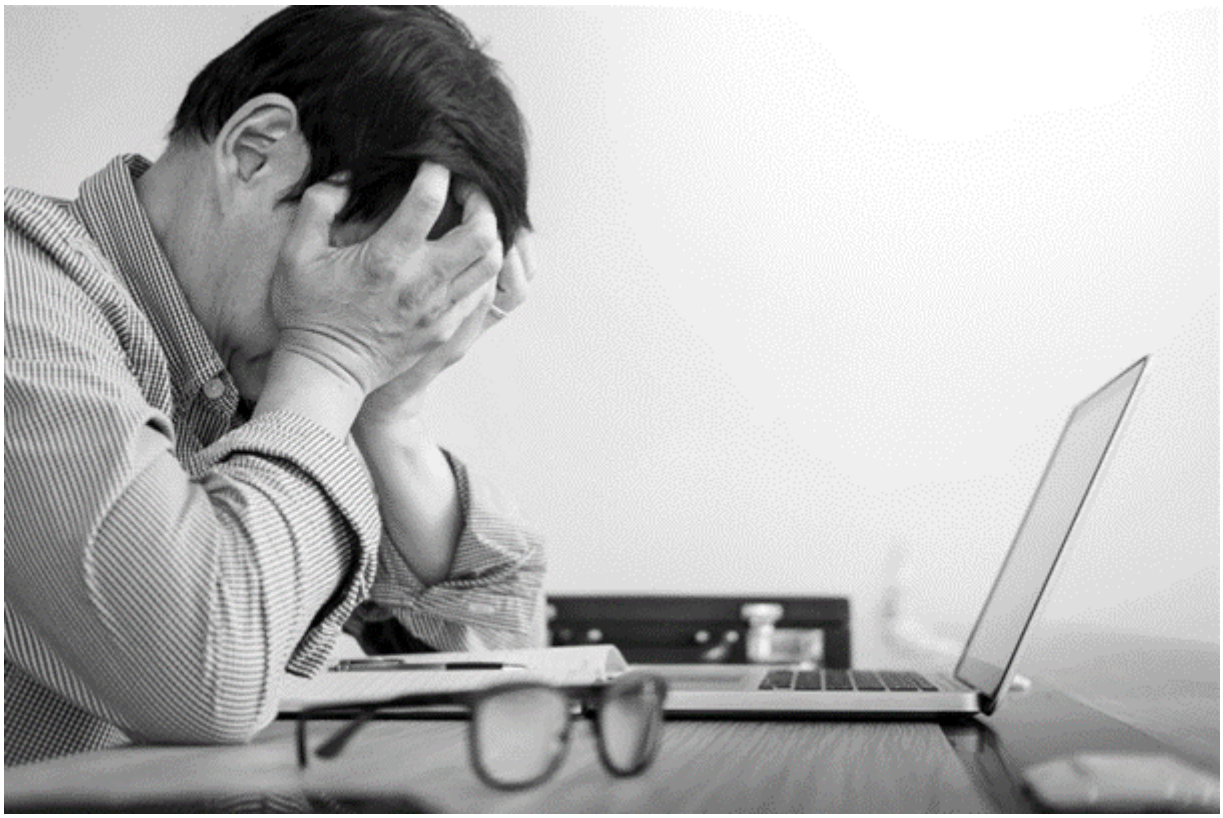
Two Types of Workplace Stress Picture This



What’s wrong in this picture?

A feeling of powerlessness is a universal cause of job stress. When you feel powerless, you’re prey to depression’s traveling companions, helplessness and hopelessness. You don’t alter or avoid the situation because you feel nothing can be done.

Secretaries, waitresses, middle managers, police officers, editors, and medical interns are among those with the most highly stressed occupations marked by the need to respond to others’ demands and timetables, with little control over events. Common to this job situation are complaints of too much responsibility and too little authority, unfair labor practices, and inadequate job descriptions.

Employees can counteract these pressures through workers’ unions or other organizations, grievance or personnel offices, or, more commonly, by direct negotiations with their immediate supervisors.

Remember the old saying, “Find a job you love and you’ll never work another day in

your life.” Most people spend about 25% of their adult lives working. If you enjoy what you do, you’re lucky. But if you’re the proverbial square peg and your job is a round hole, job stress hurts your productivity and takes a serious toll on your mind and body.