

Introduction

Stress and strain have long been associated with the work people do. It's not just the idea of physical labor, but also the wear and tear of work on people's mental health. Stress on the job, in fact, is something that almost every working person experiences.

Work stress is the relationship between stressors on the job and how the worker physically and emotionally reacts. Is it the boss who breathes down your neck, the overtime hours, the noise levels, or meeting deadlines? It's all that and more! Stress at work can also involve job security, unstimulating work, salary, and many other issues.

When work stress is prolonged and severe, the risk of experiencing burnout increases. Burnout is the condition where unrelieved stress creates a psychologically crippling state for the worker. This dangerous condition can be overcome if its stages are recognized and addressed early.

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In this unit, you'll discover more about the nature of stress on the job and how you can deal with it more effectively.