

STRESSED OUT?

Credit crunch, economic collapse, job cuts: a lot of people are feeling the pressure and, in many workplaces, stress levels are high.



Work-related stress is extremely common, but there are lots of reasons why it's bad news. If you're stressed, your work is likely to suffer. And the impact on your health – from sleepless nights to high blood pressure and depression – can be devastating. Stress is the most widespread cause of absence in the UK's workplaces.

Jennifer is a financial analyst in the city. "The atmosphere is awful at the moment," she says. "I do a stressful job anyway, but it's even more

intense now redundancy's possibly on the cards. It's hard to know who to turn to for support."

The key is finding ways to manage the stress, before it takes control of us. "Stress is an emotion and is there for a reason. It's something to be listened to, not ignored," suggests Dr. Christopher Whiteley from Pink Therapy. "Look after yourself physically and emotionally. Treat yourself, spend time with friends, eat a good diet and try to exercise

– there's a huge link between physical and emotional wellbeing."

Where the stress is ongoing, seeking support is important, whether from friends or trusted colleagues. The Government's Health & Safety Executive views work-related stress as something employers should be responsive to and willing to address. Dr. Whiteley agrees: "Better employers understand that they need to deal with workplace stress as they would any other hazard."

Recruitment columnist Katherine Cowan is an independent diversity consultant. For more information go to: www.katherinecowan.net



For more information visit www.pinktherapy.com or www.hse.gov.uk/stress

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