



Common Workplace Stressors and How to Manage Them

While stress is a normal part of life for many, it can chip away at our health, happiness, and performance when it becomes chronic and persistent.

Did you know?

52% of British workers reported feeling “very” or “fairly” stressed at work in 2022.

Source: YouGov, 2022

Let’s uncover some of the top stressors in the modern workplace and look at effective strategies to keep them in check for a more productive and serene work environment.

 Stressor	 Consequences	 Coping/Management Strategies
Excessive workload	Can lead to burnout	<ul style="list-style-type: none"> • Order tasks based on priority/urgency • Break projects into steps • Set realistic deadlines • Learn to delegate • Use tools for efficient workflow management
Interpersonal issues	Conflict with colleagues or managers can cause significant stress and inner turmoil	<ul style="list-style-type: none"> • Ensure open communication • Conflict resolution training • Establish clear professional boundaries • Seek support from HR where necessary
Lack of control	Not having any power over decisions that affect you can be disempowering and stressful	<ul style="list-style-type: none"> • Contribute to decision-making processes • Give feedback • Set work goals that align with your values and skills
Work-life balance	Poor work-life balance can lead to chronic stress and burnout	<ul style="list-style-type: none"> • Set clear boundaries • Make use of flexible scheduling if available • Make time for breaks and leisure activities to recharge
Uncertainty	Uncertainty breeds anxiety and stress	<ul style="list-style-type: none"> • Stay informed about company changes • Upskill to enhance job security • Maintain a network for potential opportunities

Empower yourself and your workforce with these strategies to create a supportive, stress-aware workplace culture. Drive both personal wellbeing and organisational success.