

How stressed are you?

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When you're busy at work delivering targets and facing deadlines, it's easy to feel the pressure. But when pressure increases and turns to stress it can cause problems with your work, your health and in relationships at work and at home.

Work related stress is more common than you might think and can lead to depression, anxiety and other serious health problems.

One in six people think their job is very or extremely stressful and stress makes up to half a million people ill every year.

Being stressed at work is not the same as being weak, and it's not your fault. Any job can cause stress and can affect anybody regardless of your status or grade.

And it's not just about overwork, as boredom, monotony, bullying or threats of violence are also stressful.

UNISON can help

We know stress isn't good for you and we don't believe it's necessary to get the job done. Unacceptable levels of stress should not be a normal part of working life.

People work better if they are not stressed.

Your employer has a legal duty to ensure your health, safety and welfare at work – and this includes preventing stress. They must assess the risk of

stress and bring in measures to prevent or reduce that risk.

The reality is that work-related stress is a problem for many UNISON members and is a difficult issue for them to raise with employers. In fact this would be a stressful thing to do!

You don't have to face stress alone. Our safety representatives have the legal right to raise health and safety issues on your behalf, so if you have a problem with stress, get UNISON involved. We will talk to your employer and look at practical ways to help you reduce your stress at work. Talk to your safety rep, visit www.unison.org.uk/safety or ring 0845 355 0845.

Not yet a member of UNISON?

If you are not already a member of UNISON or wish to find out more about the services UNISON provides, please ask the person who gave you this leaflet for an application form.

Join UNISON online at unison.org.uk/join or ring 0845 355 0845.

Together we can tackle stress

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