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colleague

caring for an
ageing parent

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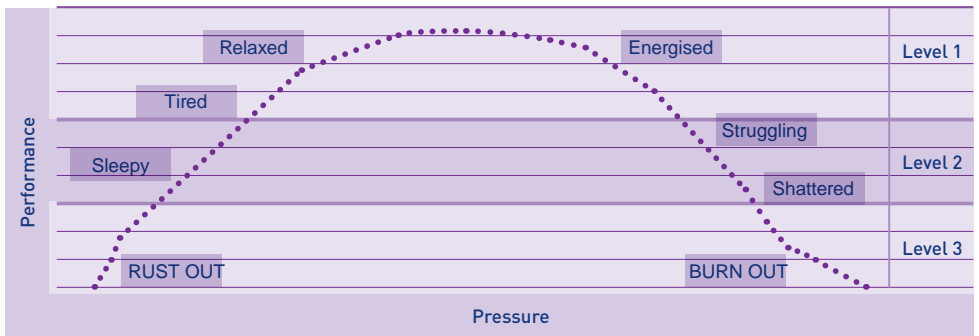
Stress and performance

Low performance

Low pressure

High pressure

Pressure/performance graph



Under-challenged

If you are under-challenged,

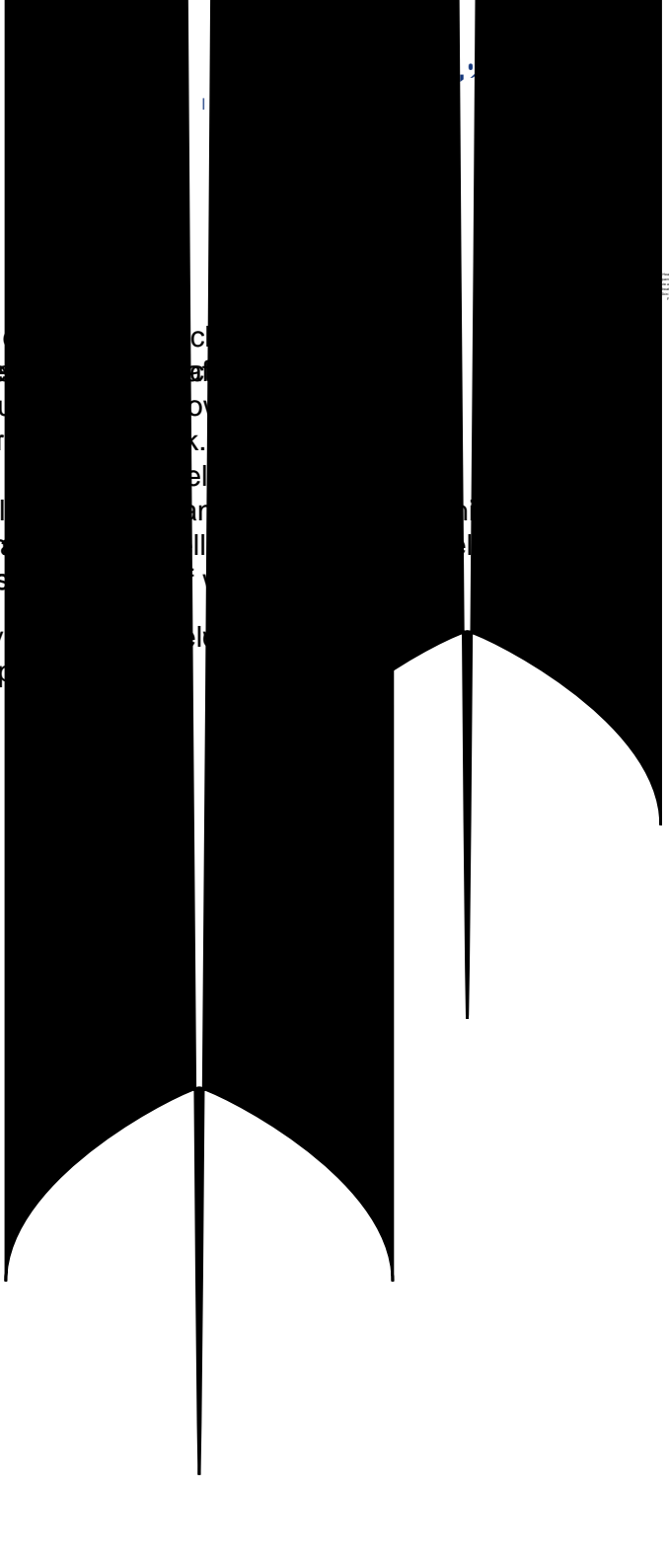
Do

If your performance is reduced due to stress

Stress

Stress is experienced as a lack of control over things which trigger you to feel stressed. It is in the same way that you do not usually feel your manager know if you are stressed. Your employer will be aware of the stress you are carrying a responsibility for. This includes your emotional/mental health. Employers should take measures to reduce stress.

Stress may show itself in very different symptoms you may have experienced.



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| | *Stress and you* (RCN 2015) | |
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H E I (2008) *Working together to reduce stress at work – a guide for employees*, : H E I www.hse.gov.uk/stress
(25 J 2015)

R C N I (2015) *Stress and you* |
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