

WORK STRESSORS: EXPLORING SOLUTIONS

STRESSOR

Being given excessive demands

Having low control and autonomy in what you do, and how you do it

Dealing with poor relationships

Experiencing poor or no support

Working in an undefined role

Experiencing poor change management

REACTION

Assess what is feasible and what is not; negotiate what is required and when

Consider what you can control. Adjust what you can, so it is more meaningful for you

Build personal networks in and out of work; maintain a professional attitude with challenging relationships

Request support and assistance when need. Nurture social support inside and outside work.

Raise this with your line manager and work together to redefine the role

Explore those aspects of the change that support your work