

Is work stress hurting your health?



Did you know? Work stress increases:

- injuries on the job
- risk of anxiety, burnout & depression
- risk of hypertension & heart disease

Sources of stress at work include:

workload, low job control, work hours/schedules, low social support, work-family conflict, etc.

Help your organization create healthy work.
Take the Healthy Work Survey.

The Healthy Work Survey:

- assesses work stressors
- is online & anonymous/confidential

After taking the Survey:

- you can receive a free email report of personal results
- your organization will receive a group-level report to identify sources of stress

Questions? Email us at contact@healthywork.org.

