

## Stress at work

If you are suffering from stress at work, PCS can help

Stress is defined by the Health and Safety Executive as 'the adverse reaction people have to excessive pressures or other types of demand placed on them'.

Heavy workloads, long hours and deadlines can leave you feeling drained, worried and overwhelmed, causing stress.

Stress can be harmful to your mental health, leading to anxiety, depression, headaches and insomnia or if you already have conditions like these, stress can make them worse.

Problems at home and outside work can affect our ability to cope with problems at work.

Your employer has a duty to risk assess and take steps to prevent stress at work. They have a duty to take action to protect your physical and mental health and wellbeing.

You don't have to suffer stress and we can help. Stress is not a weakness. Getting help with stress is a powerful step and will help you take back control.

Speak [to your union rep](#) in confidence.

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