

Workplace Stress: A Silent Epidemic

written by Chandradip News24 | December 6, 2024



Workplace stress is a common problem that affects many people. It can be caused by a variety of factors, including high workload, tight deadlines, and lack of control over one's work. The symptoms of workplace stress can range from mild irritability to severe anxiety and depression. If left untreated, workplace stress can have a significant impact on a person's health and well-being.

There are several ways to manage workplace stress. One of the most effective ways is to take breaks throughout the day. Another way is to talk to a friend or colleague about your stress. Finally, it's important to seek professional help if your stress is severe.

How can I manage my workplace stress?

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