



## Stress in the work-place

As the cost of living steadily increases the pressure to earn more money increases too. Recent statistics show that stress in the work-place can have a major effect not only on the employee but also on the overall performance of company.

Stress can lead to many short and long term effects on the body such as high blood pressure, muscle tension especially around the neck & shoulder area, irritable bowel syndrome, painful menstrual periods, and decreased fertility and erection problems. The body also becomes weaker and more vulnerable to illnesses such as colds, infections and in some extreme cases major diseases such as cancer. This is because stress prompts the body to defend itself by triggering the nervous system to release hormones. This means that the pulse is quickened, the senses are sharpened, muscles tighten to prepare for the fight-or-flight response which helps us react to threatening situations.

Stress can occur at home and in the work place, so if the body is kept at a constant state of activation due to stress, it can have long-term negative effects. This means that productivity of a company can also be affected along with hefty sickness pay debts.

Pills and potions are no substitute for some good old fashioned TLC! For details on how to de-stress look at our Chill-Out section: [www.awaytorelax.co.uk](http://www.awaytorelax.co.uk)

For further information on any of the above call Karen on 07966 484234.