Management of Work Stress

- Formulate clear company policies and objectives
- Provide a safe and healthy working environment
- Delineate the roles and responsibilities of workers clearly
- Arrange work properly, improve or simplify the work process
- Arrange suitable rest time
- Provide adequate resources and training including stress awareness and managing work stress
- Feedback and praise staffs’ performances appropriately
- Improve communication channel and encourage employees’ involvement

Occupational Health Clinics

- Kwun Tong Occupational Health Clinic
  Tel: 2343 7133
- Fanling Occupational Health Clinic
  Tel: 3543 5701

Enquiry

For enquiries on this leaflet or advice on occupational health matters, please contact the Occupational Safety and Health Branch of the Labour Department through:
Tel: 2852 4041
Fax: 2581 2049
E-mail: enquiry@labour.gov.hk

Information on the services offered by the Labour Department and on major labour legislation can also be found on our website:
www.labour.gov.hk

Complaints

If you have any complaints about unsafe workplaces and practices, please call the Labour Department’s Occupational Safety and Health Complaint Hotline at 2542 2172. All complaints will be treated in the strictest confidence.
**Work Stress**
Work stress appears when one's ability and expectations are not in line with the demands or other job-related factors.

**Common Sources of Work Stress**

- **Job Factors**
  - Work overload or under load
  - Excessively long working hours
  - Shift work
  - Monotonous or repetitive work processes
  - Threat of staff cutbacks
  - Insecure career prospects

- **Environmental Factors**
  - Crowded
  - Dangerous
  - Noisy
  - Poor air quality
  - Uncomfortable lighting and temperature

- **Interpersonal Relationship**
  - Inadequate communication
  - Poor relationship among supervisors or colleagues

- **Organization and Management**
  - Roles and responsibilities not distinct
  - Performances not being recognized or praised
  - Non-transparent policy

**Effects of Occupational Stress**

- **Negative Effect**
  - **Individual**
    - Physical: headache, muscle pain, insomnia
    - Psychological: irritability, forgetfulness, anxiety
    - Behavioral: loss of appetite, binge eating, smoking, increase drinking
  - Social: social withdrawal, isolation
  - Job: difficulty in concentration, decrease efficiency

- **Organization**
  - Low staff morale
  - High rate of accidents and mistakes
  - Decrease productivity
  - Increase absenteeism and staff turnover rate

- **Positive Effect**
  - **Individual**
    - Inspire willpower
    - Stimulate potential
    - Strengthen self-confidence
    - Raise adaptability
    - Enhance efficiency

- **Organization**
  - Boost staff morale
  - Increase productivity
  - Enhance positive image

**Management of Work Stress**

- Understand the sources of stress and talk to reliable people
- Perform deep breathing and practise muscle relaxation
- Enhance the ability to cope with work stress e.g. communication skill, time management and interpersonal relationship
- Self increment
- Think positively and stay happy
- Live a healthy lifestyle: regular and balanced diet, adequate sleep and rest, regular exercise, foster hobbies and enjoy leisure activities
- Seek professionals’ assistance when necessary