

Preventing stress



Even though stress occurs as individual symptoms, the responsibility of what causes the stress never solely lies with the employee. The underlying causes often need to be addressed collectively. This is why it's important for both managers and employees to have knowledge and tools to respond effectively, if they or a colleague shows any symptoms of stress.

Stress at work can occur during certain periods, such as tight deadlines or when additional effort is required due to colleagues on sick leave. These periods are typically characterized by short-term stress with a clear and time-limited cause. The duration of stress plays a crucial role in determining whether it becomes motivating or harmful. Prolonged stress has a negatively impact on both physical- and mental health. It is crucial to take preventive measures and respond promptly if an employee, colleague, or even yourself experience any signs of stress. Early intervention can prevent symptoms from progressing to the point of sick leave, which can impact both the individual and the workplace.

At PrimaCare, we acknowledge that mental health challenges are becoming more common in workplaces, and there is an increasing need for support for employees experiencing stress-related symptom. As a result, we offer a presentation aimed at addressing mental health in the workplace. The presentation explore what stress is, the factors that contribute to it, and effective strategies for preventing and managing it, both at the individual and organizational/management levels.

The duration, and format can be customized upon request and priced accordingly.

