

Stress (for employees)



- 1 Tell your manager if you can't complete your tasks.**
- 2 Ensure that you have some control over how you work.**
- 3 Make sure that you have adequate support.**
- 4 Treat people with respect and see that people treat you with respect.**
- 5 Know what you're supposed to achieve.**
- 6 Ensure people consult you about changes before they happen.**
- 7 Look after yourself, mind and body, outside work.**

Name	Signature	Date	Name	Signature	Date

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