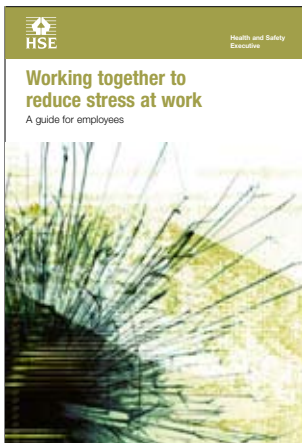


# Working together to reduce stress at work

## A guide for employees



This is a web-friendly version of leaflet INDG424

### What is work-related stress, and why do we need to tackle it?

There is a difference between **stress** and **pressure**. We all experience pressure on a daily basis, and need it to motivate us and enable us to perform at our best. It's when we experience too much pressure without the opportunity to recover that we start to experience stress. The HSE definition of stress is 'the adverse reaction a person has to excessive pressure or other types of demand placed upon them'.

We can all feel stressed at times when we feel as though everything becomes too much, when things get on top of us, or when we feel as though we are unable to cope. It affects us in different ways at different times and is often the result of a combination of factors in our personal and working lives.

Work-related stress can be tackled by working with your employer to identify issues at source and agreeing realistic and workable ways to tackle these.

To help do this, HSE has produced Management Standards and guidelines on work-related stress for employers and employees and their representatives (available at [www.hse.gov.uk/stress](http://www.hse.gov.uk/stress)). This leaflet, produced by HSE and the International Stress Management Association<sup>UK</sup>, and backed by Acas, CIPD and the TUC, explains what these are, and what you can do to help your employer to help you. You can also find more information by visiting the websites listed in 'Find out more'.

*'Stress is often a symptom of poor employment relations and can seriously affect productivity. Organisations who talk regularly with their employees and have sound systems and procedures in place for dealing with issues like absence and discipline are much more likely to avoid work-related stress and to be able to deal with potentially stressful situations when they arise.'* Acas

### What do the Management Standards mean to me?

As a result of HSE's Management Standards:

- Your manager will have access to advice to help improve their understanding of stress and take it seriously.
- If you are experiencing work-related stress, you should be listened to and help should be available from your manager, trade union or employee representative.
- In the past, the causes of stress were well known but little if anything was done to fix them. The Standards mean managers will now have to work with you to find solutions, so your problems should reduce over time.
- The processes involved with the Standards mean that employees and their representatives will be given an opportunity to give their views and to help create action plans to help reduce stress at work.

## What role do I play?

As an employee you have a right to have your health and safety at work protected. To protect your rights at work you should:

- Familiarise yourself with HSE's risk factors and Management Standards so you can contribute more fully to discussions.
- Talk to your union safety representative or your employee representative (where you have one) about your employer's approach to the Management Standards. If you don't have a union or staff association you could also talk to your line manager, a colleague, your human resources department or someone you trust that can help.
- Help to develop and put in place effective plans by taking part in discussions or stress risk assessments. Your manager will need information from you, so make sure you complete any questionnaires when you are asked to and give open and honest answers. If you are worried about confidentiality or any other part of the process speak to your trade union safety representative, your employee representative or your manager. They will be able to give you assistance or advice.
- Volunteer to attend discussion groups, action planning meetings etc. They're for your benefit, and your managers will need your help in deciding what will work and what will not.
- Remember that consultation is a two-way process. Your managers must take your opinions into consideration when deciding what actions to take, and must communicate the reasons for their decisions.
- Read all communications. Make sure you understand the reason for decisions and provide feedback if required.
- Attend any stress management training courses arranged by your employer, which will help you understand stress and how to deal with it.

## What should I do if I'm becoming stressed?

Try to identify the causes and what you can do to make things better. Ideally, tell your manager at an early stage. If your stress is work-related, this will give them the chance to help and prevent the situation getting worse. Even if it isn't work-related, they may be able to do something to reduce some of your pressure.

If the source of pressure is your line manager, find out what procedures are in place to deal with this. If there aren't any, talk to your trade union representative or employee representative who can provide advice on a range of work-related topics. Alternatively, you can speak to your HR department or Employee Assistance Programme/counselling service if either exists.

Many employees are reluctant to talk about stress at work, due to the stigma attached to it. They fear they will be seen as weak. But stress is not a weakness, and can happen to anyone. Remember: no employer should subject their employees to work-related stress, and this is an issue both you and your employer should take seriously.

*'Workplace stress is one of the biggest causes of employee absence – and also one of the more difficult issues to manage. The Management Standards will help employers identify and manage stress at work by providing a framework to pinpoint particular causes of stress, as well as achievable solutions.'* CIPD

## What are HSE's Management Standards and how do they work?

Under UK law, employers have a 'duty of care' to protect the health, safety and welfare of all employees while at work. They also have to assess the risks arising from hazards at work including work-related stress.

To help employers understand how to do a risk assessment for work-related stress, HSE has identified six key areas (or 'risk factors') that can be causes of work-related stress. These are:

- the **demands** of your job;
- your **control** over your work;
- the **support** you receive from managers and colleagues;
- your **relationships** at work;
- your **role in the organisation**;
- **change** and how it's managed.

Your employer needs to gain a detailed understanding of what these risk factors look like where you work, identify which areas may be presenting problems, and work with employees and their representatives to take action to reduce these problems.

To help with this, HSE has produced its Management Standards, including targets for organisations to aim towards. There is one standard for each risk factor. 'Demands', for example, covers issues like workload, work patterns and the work environment, and includes guidance on what should be happening in your organisation if the Standard is being achieved.

As well as helping your managers understand the causes of stress at work, the Standards process provides a means of assessing how your workplace is performing, and gives ideas on how to make improvements.

The target is for all organisations to match the performance of the top 20% of employers that are successfully minimising work-related stress. This means your employer will need to:

- assess the risk and potential causes of stress within your organisation – for example by looking at sickness absence records or attitude surveys, or conducting specific stress-related surveys or focus groups;
- use these to assess how the organisation is performing in relation to the six risk factors. This includes managers talking to their teams to identify stress 'hot spots';
- decide on improvement targets and action plans, in consultation with staff or their representatives.

*'The TUC welcomes these standards. In the absence of legislation, they are the most effective tool that employers can use to help end the epidemic of stress-related illness. We hope that employers will work with safety representatives and stewards to use them within every workplace.'* TUC

## Find out more

### *The International Stress Management Association<sup>UK</sup>*

The International Stress Management Association (ISMA) is one of the world's largest, most widespread and fastest growing organisations of Stress Management professionals. The UK branch, ISMA<sup>UK</sup>, is a registered charity (no. 1088103, and company limited by guarantee no. 4079657) with a multidisciplinary professional membership.

It exists to promote sound knowledge and best practice in the prevention, reduction and management of personal and work-related stress. It also sets professional standards for members and approves trainers and coaches. Visit [www.isma.org.uk](http://www.isma.org.uk) for more information.

You can also visit:

- the Acas website [www.acas.org.uk](http://www.acas.org.uk); and
- the CIPD website [www.cipd.co.uk](http://www.cipd.co.uk).

### **HSE**

On 3 November 2004, HSE launched the Management Standards and tools to help employers and employees work together to prevent excessive work-related stress. HSE's stress website at [www.hse.gov.uk/stress](http://www.hse.gov.uk/stress) will help organisations meet their existing duty of care and their duty to assess the risk of work-related stress.

The standards define the characteristics, or culture, of an organisation where stress is being managed effectively. The toolkit consists of a survey and continuous improvement model which enables organisations to compare themselves with others.

For more information see HSE's publication *Managing the causes of work-related stress: A step-by-step approach using the Management Standards HSG218* (Second edition) HSE Books 2007 ISBN 978 0 7176 6273 9

## Further information

HSE priced and free publications are available by mail order from HSE Books, PO Box 1999, Sudbury, Suffolk CO10 2WA Tel: 01787 881165 Fax: 01787 313995 Website: [www.hsebooks.co.uk](http://www.hsebooks.co.uk) (HSE priced publications are also available from bookshops and free leaflets can be downloaded from HSE's website: [www.hse.gov.uk](http://www.hse.gov.uk).)

For information about health and safety ring HSE's Infoline Tel: 0845 345 0055 Fax: 0845 408 9566 Textphone: 0845 408 9577 e-mail: [hse.infoline@natbrit.com](mailto:hse.infoline@natbrit.com) or write to HSE Information Services, Caerphilly Business Park, Caerphilly CF83 3GG.

**This leaflet contains notes on good practice which are not compulsory but which you may find helpful in considering what you need to do.**

This leaflet is available in priced packs of 15 from HSE Books, ISBN 978 0 7176 6320 0. Single free copies are also available from HSE Books.

© *Crown copyright* This publication may be freely reproduced, except for advertising, endorsement or commercial purposes. First published 11/08 (formerly published as MISC686 in 2005). Please acknowledge the source as HSE.