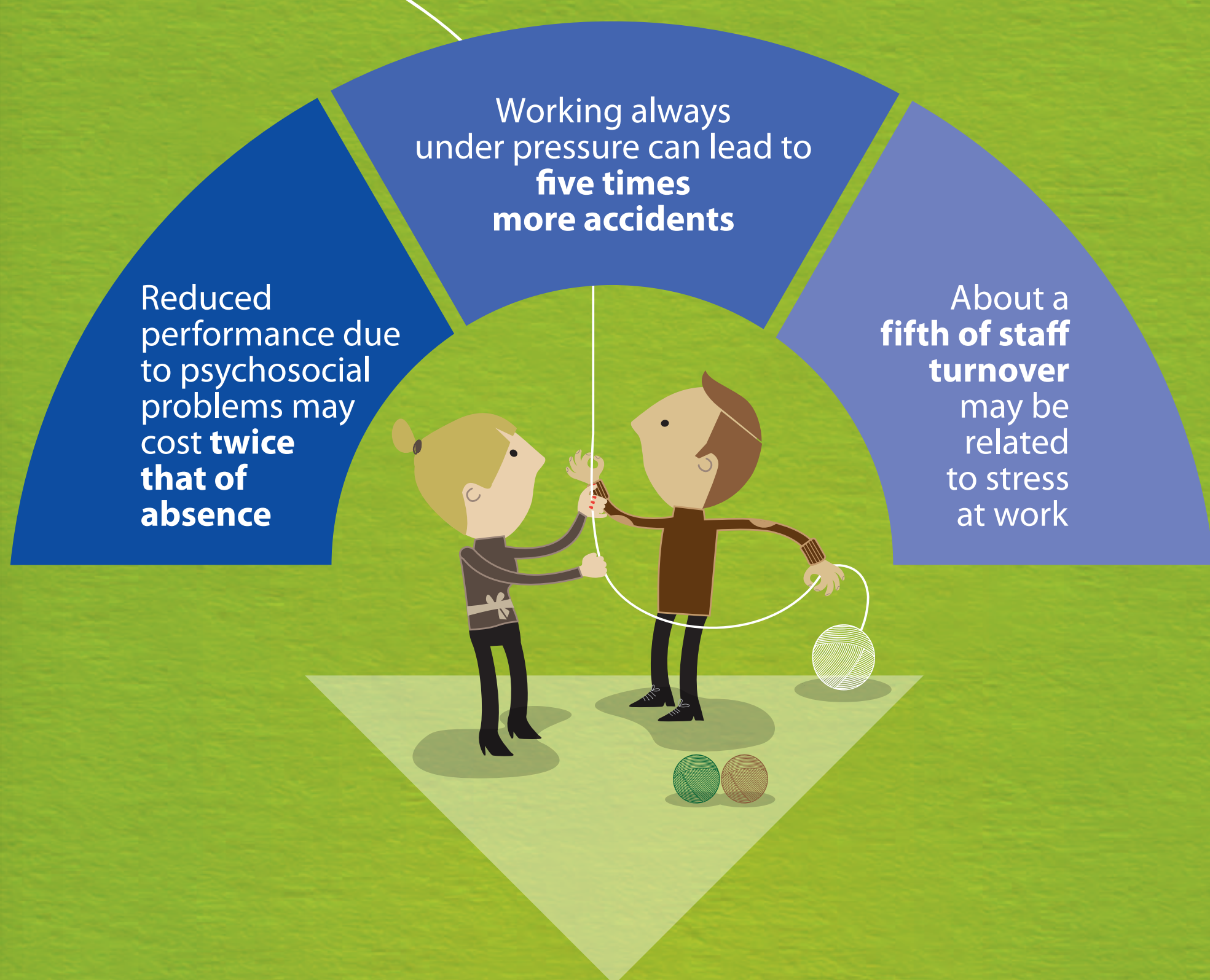


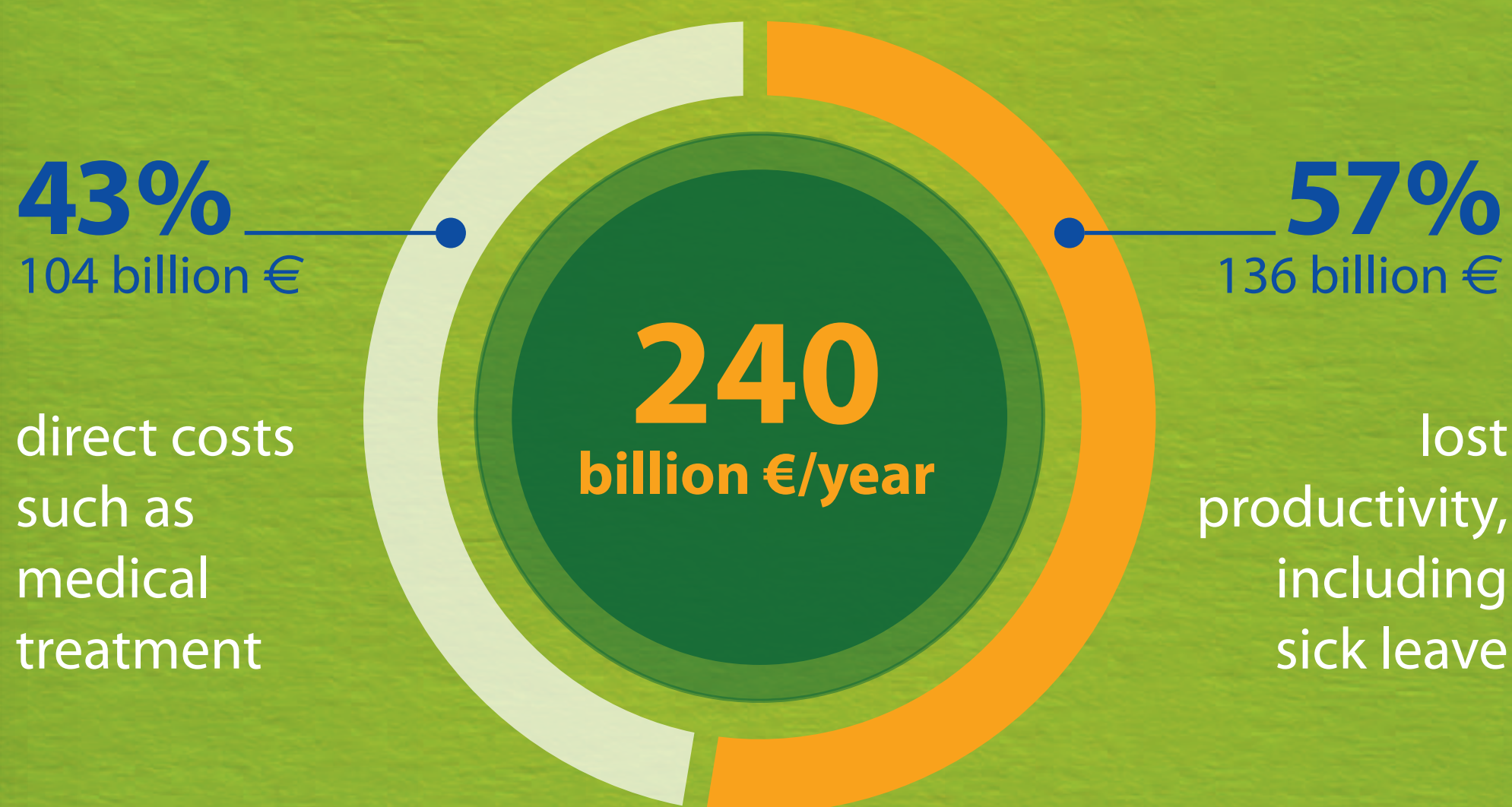
HEALTHY WORKPLACES MANAGE STRESS 2014-2015

Work-related stress is an
organisational issue

costs¹



The total cost of mental health disorders in Europe (both work and non-work related) is estimated to be



warning signs

Emotional changes
e.g. anxiety, fatigue, poor relationships with colleagues

Cognitive issues
e.g. difficulties in concentration and decision-making

Behavioural changes
e.g. poor timekeeping, carelessness, aggressiveness

Physical and mental ill health
e.g. more frequent absences from work



¹ Sources from UK, Germany and the Netherlands