

Assignment: workplace stress



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Workplace stress is a very common issue faced by employees all around the world. In this paper, I am going to compare two different articles about workplace stress. The first article is from American Psychological Association (American Psychological Association) while the other is from a Canadian online news website, the National Post (Goman, 2010). The first article talks about the causes of stress in the workplace in detail. It discusses that mostly, workplace stress is due to the type of job a person is doing. A person may be doing a job unsuited to his interests or more work is being forced on the employee without giving him much authority to handle it. Additionally, the environment and setting of the workplace may also cause discomfort and increased stress among the employees. The second article consolidates the points that have been made in the first article but in a different manner. It talks about the reasons that can cause job stress and solutions that may be taken to overcome it. It also agrees that lack of communication between the employees at different positions is a cause of distress hence collaboration and teamwork can result in reduced stress levels. Furthermore, long stressful working hours should always be appreciated and rightly rewarded so that a person does not consider his work burdensome. The article also identifies setting of the workplace as an important cause of stress and proposed that comfortable work conditions like allowing the employees access to internet and short breaks can allow the employees to feel more comfortable and less stressful in their workplace. Hence it can be said that article two supports the points stated by article one. Article one focuses primarily on the causes of workplace stress, while article two discusses more upon the solution of this problem. References American Psychological Association. (n. d.). Retrieved 06 03, 2011, from Stress in the workplace: <http://www.apa.org>.

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org/helpcenter/workplace-stress.aspx Goman, C. K. " How to attract and retain high performers." National Post . 12 Aug 2010. National Post 06 June 2011.