

# Stressful conditions at the workplace

[Business](#), [Management](#)



## How to relieve job-related pressures

There has been an augmentation of stressful conditions at the workplace owing to increased technology use at the workplace opening the need for relieving of such job-related pressures. There are different ways to relieve job-related pressures including effective workload organization through time management by the employees. These practices include checking priorities daily, planning work in consideration of busy periods, setting realistic goals, reducing conflicting priorities early, delegating of duty, and taking annual leave for effective relaxation (Murray, 5). The other measure to relieve stress at the workplace is accessing training needs and conduct of training to augment effectiveness in job performance including time management and assertiveness training. This can be done through attending short workshops for training purposes and participating in training aimed at improving understanding of stress management practices.

Other measures to relive job related stress include talking to other employees at the workplace on a stressing situation to gain their support especially human resource managers, colleagues, managers, and trade union representatives (Murray, 5). Talking can also be with people outside work for example family and friends to gain their insight and get their views on the stressful situation. When the issue is excessive workload, the employee should ensure this gets the attention of the manager to allow (Murray, 5) for a better and convenient work allocation fitting the needs of the employees and solve the stress from the job. Maintaining a balance between play and work allows for the use of leisure time to prepare the employee for work and relieve job related stress. This includes regular

exercising, taking holidays, maintenance of a healthy diet, and maintaining support networks. Learning to think positively of a job related stress, counseling, and seeking medical intervention are the other measures of relieving job related stress.

#### Work Cited

Murray, Rachel. *Managing your Stress: A guide for nurses*. London: Royal College of Nursing. 2005. Print.