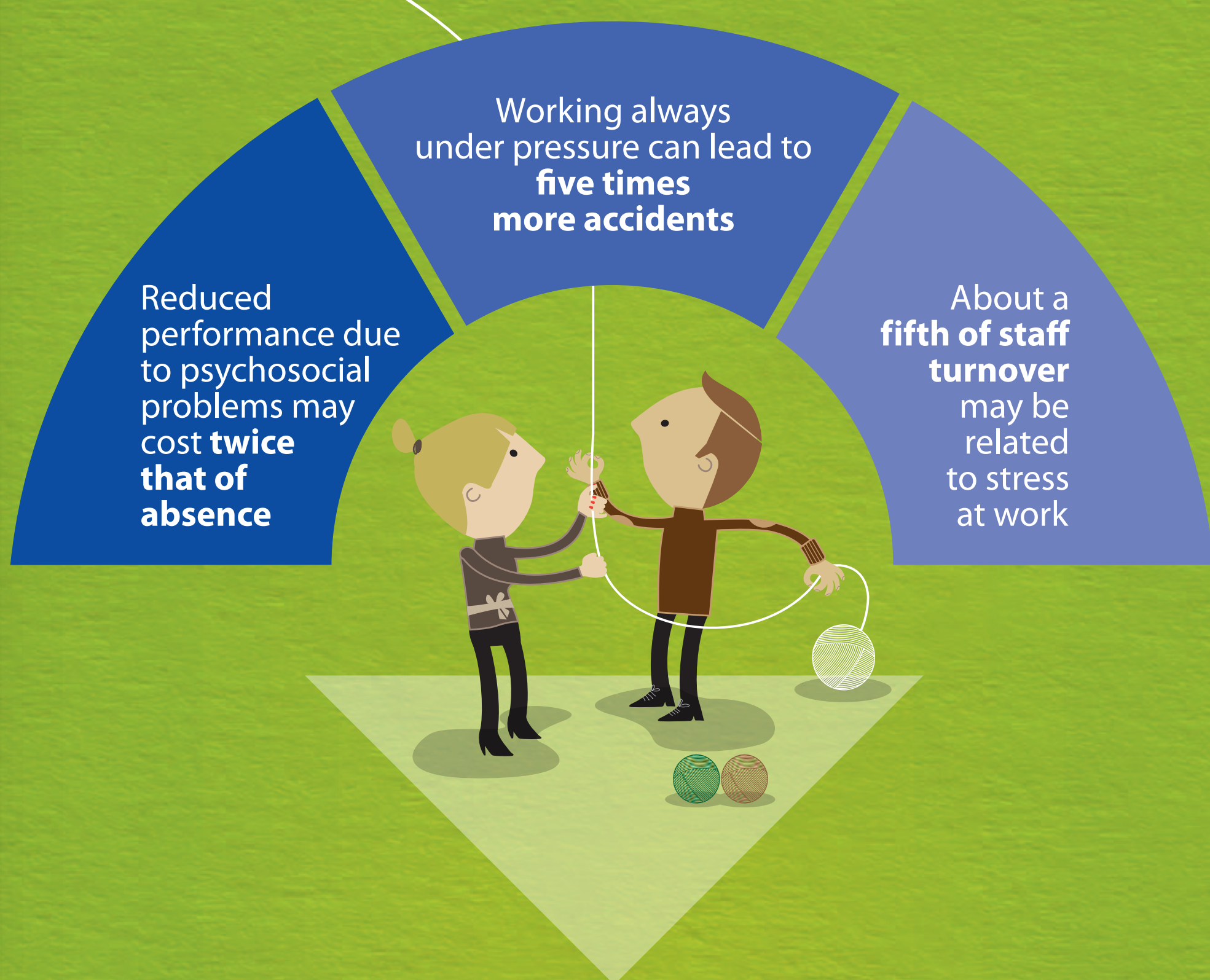


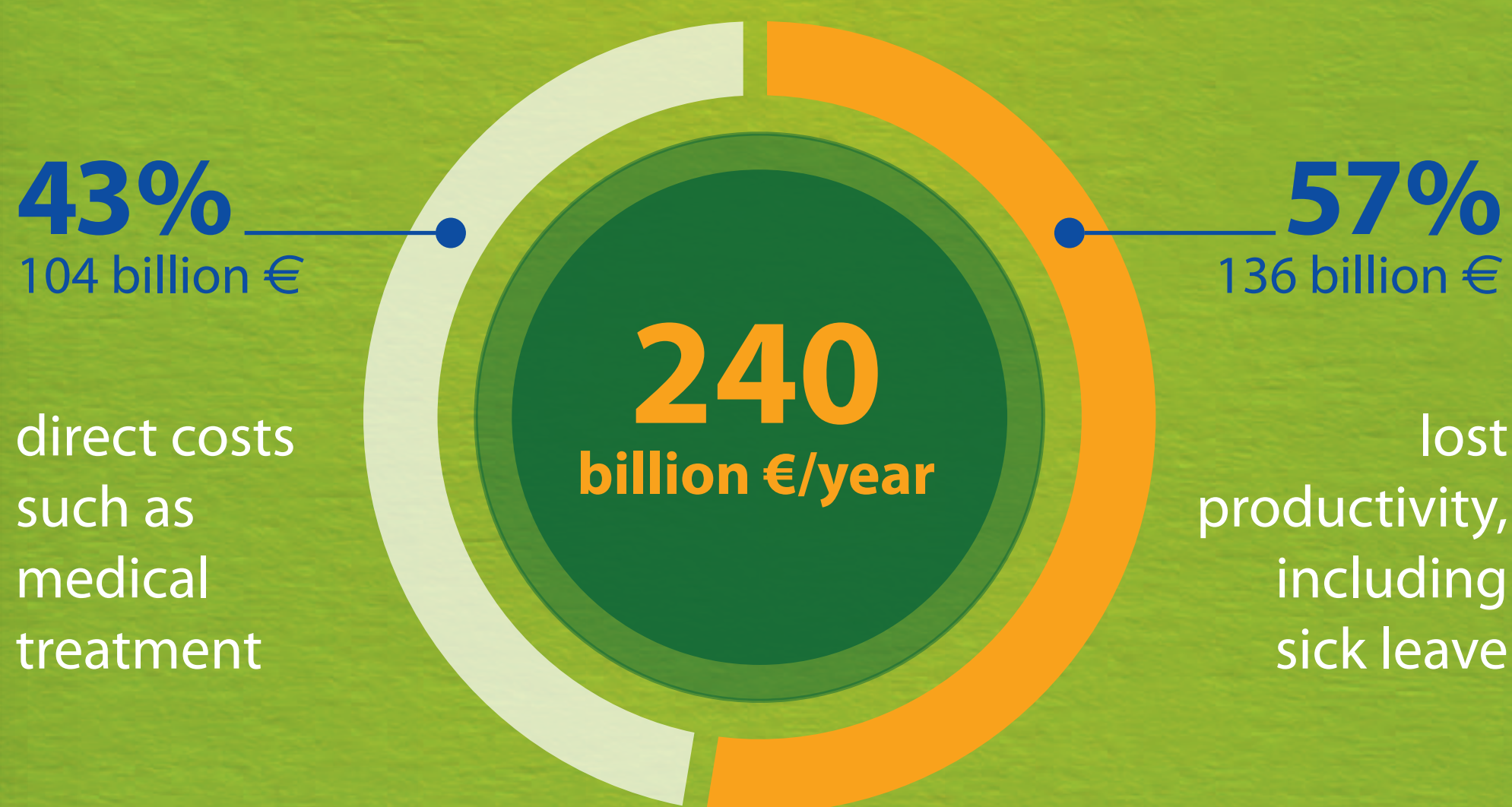
# HEALTHY WORKPLACES MANAGE STRESS 2014-2015

Work-related stress is an  
**organisational issue**

**costs<sup>1</sup>**



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



<sup>1</sup> Sources from UK, Germany and the Netherlands