



THERE IS A STRONG RESOLVE TO RESUME WORK IN CDC

OUR SITUATION IS PRECARIOUS. IT IS A STRESSFUL SITUATION. LET US KNOW FROM YOU WHAT CAN BE DONE FOR CDC TO STAY AFLOAT VIA TEXT TO

MANAGING STRESS AT WORKPLACE

What is Stress?

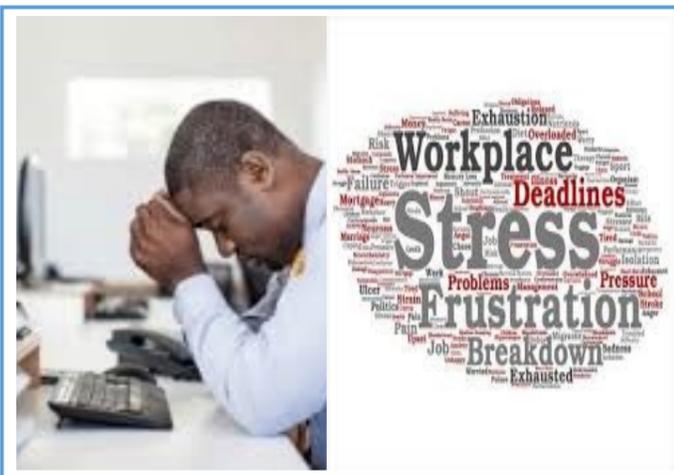
Stress simply means a reaction or response to external factors which are adverse or negative to the body caused by a threat or challenge which may be physical or biological. It can also be an unusual feeling resulting from the inability of a person to handle pressure emanating from problems or circumstances in one's life. It could be physical, emotional or mental.

What are the Signs and Symptoms?

For Emotional stress: The signs and symptoms of emotional stress is when a person easily gets irritable, anxious and angered because he/she may lack self-esteem. It could be caused by anxieties when we start worrying about things like school fees, rents, bills, and domestic needs. If the situation is not properly handled the person may have suicidal tendencies.

For Mental stress: Worrying constantly and raising all kinds of thoughts in our minds leads to mental stress. We may have difficulty in concentration especially at work.

For Physical stress: The signs for physical stress include constant headache, pains in the body not necessarily from muscular activity, feeling dizzy and sleeping disorders. The person may have eating disorders either putting on weight or losing weight. The person may also be tired all the time and complains of palpitations.



Stress could also come from poor working conditions, unresolved conflicts, poor communication, job insecurity, lack of motivation, unfair rewarding system etc. Whatever the case, our in-house health and occupational experts (Dr. Abba & Mr. Tabe) say a persistent negative response to these challenges can have a detrimental effect on health and happiness.

EFFECTS On the Worker

- ◆ Hypertension, Diabetes
- ◆ Chronic gastritis, Diarrhea
- ◆ Weak immune system
- ◆ Chronic abdominal pains etc..
- ◆ Broken homes, Restlessness, insomnia (lack of sleep) etc..

EFFECTS on the Employer:

- ◆ Absenteeism
- ◆ Poor output / production
- ◆ Lack of motivation
- ◆ Burn-out syndrome of the employee. They lose interest in what they are doing.
- ◆ There is increase in the medical budget. There is also an increase in industrial accidents.
- ◆ Loss of skilled and unskilled labour

Coping Strategies for the workers

- ◆ Empower yourself by learning new things
- ◆ Have a good social network
- ◆ Engage in sports and leisure
- ◆ Develop a positive attitude and be humourous.
- ◆ Work smarter and less harder. Prioritize tasks. Identify the cause of stress, share your views / ideas with others and release tension.

Coping Strategies for the employer

- ◆ Provide consumer facilities
- ◆ Appreciate workers and talk to the workers in good and bad times.
- ◆ Organize more social gatherings

