**Job stress**

A Job without frustrations is not a job. As a commander, as 1st sgt, as a platoon sgt, squat leader, team member, we are all going to get frustrated sometimes and get stressed up.

When frustration sets in and you fail to manage it well, it could cause a far-reaching disastrous effect that will later on affect not only you but the entire organization.

So, whenever we face those difficult moments, let’s try to rather use those challenging moments as a motivation to learn new skills rather than giving up and allowing ourselves to be overtaken by stress and self-defeat.

Job stress sometimes occurs when the requirements of the job do not match capabilities, resources, or needs. Before you begin a task, make sure you have gathered enough info on what need to be done and how it should be done.

Stress happens when job demands become excessive, leading to frustration and exhaustion of your mind and body. It can happen to anyone.

***Stress seriously affect safety and work quality in the workplace***

***Stress can become a threat to health and well-being as well as increase the risk of injury and workplace safety in different ways. This will affect the entire team or organization.***

Studies shows that up to 1/3 of workers report high level of stress.

Job stress play a major role in many chronic health problems

**Causes of Job Stress**

* The conditions of the working environment
* Personality
* Coping skills
* Attitude
* Too much workload can easily cause stress
* Unrealistic deadline & workloads
* Lack of supervisory support
* Poorly defined work roles
* Lack of proper equipment

**Effects of workplace stress**

1. Stress causes the brain to trigger a fight or flight response which increase your pulses, deepens your respiration and tense muscles.
2. Prolonged or constant stress will result to fatigue or damage to body. Once it reaches the level which the body can no longer control, risk of diseases and injuries escalates. E.g.

* Cardiovascular disease
* psychological disorders
* musculoskeletal disorders of the back and upper extremities

***Job stress may interfere with safe work practice and other precautions, leading to more workplace hazards.***

**Reducing the impact of stress**

* Make sure you get enough sleep
* Avoid isolating yourself. No one can make as an island.
* Relax,
* Do some exercise or other activities that you love best
* Talk to someone if you have to

**Preventing job stress**

The most effective way to prevent stress is to improve working conditions.