

## Vocational STRESS

### What is Vocational Stress?

Vocational stress is the negative physical and emotional responses to specific work environments resulting in a reduced ability to cope with work demands.

#### Symptoms of Vocational Stress

It is important to recognise your personal signs of vocational stress in order to manage it effectively.

- Feelings of anxiety and depression
- Feelings of inadequacy
- Fear of failure
- Rebellion against and/or conflicts with authority figures at work
- Feeling overwhelmed by employment responsibilities
- Feeling burnt out
- High self criticism
- Unrealistic expectations of self and colleagues
- Poor concentration
- Indecisiveness
- Decreased productivity and lack of motivation
- Increased use of alcohol
- Restlessness

#### Tips to Manage Vocational Stress

- It is not necessary to take on everything – learn to say no
- Delegate where possible and appropriate
- Prioritise
- Take lunch breaks - try to get out of the office for a period of time
- Set realistic goals and time schedules
- Plan in advance and avoid procrastination
- Take time to be organised and create order in your work environment
- Adopt a healthy diet and exercise regularly
- Take time out to relax and recharge outside of work hours
- Separate your work from your home
- Know your limits

#### Strategies to Avoid Vocational Stress

- Attend and contribute in meetings
- Openly communicate your concerns in an honest and constructive manner
- Clarify job expectations, workload, issues and responsibilities
- Develop a good rapport with peers
- Access internal and external assistance provisions such as Employee Assistance Programs and Human Resource staff

#### Psychological Support

It is common that unhealthy work habits are so entrenched that they are difficult to change without some guidance and support.

Psychological Counselling can assist you to:

- Improve satisfaction and comfort surrounding co-worker relationships
- Increase sense of confidence and competence in dealing with work responsibilities
- Be accepting of supervision
- Increase self esteem
- Increase job satisfaction and performance due to implementation of assertiveness and stress management strategies

Decrease your stress level by seeking the support of a skilled psychologist.  
Contact  
Solution Focus Psychology  
on **1300 734 042**.

Visit our website  
[www.solutionfocus.com.au](http://www.solutionfocus.com.au)