

PSYCHOLOGY  
'STRESS ON THE JOB'

NAME \_\_\_\_\_

DISCUSS THE FOLLOWING:

1. WHAT ARE SOME GENERAL STRESSORS THAT WORKERS MUST DEAL WITH?
2. WHAT ARE BUSINESSES DOING TO HELP WORKERS WITH THEIR STRESS? WHAT KIND OF PROGRAMS ARE AVAILABLE TO THEM?
3. GIVE EXAMPLES OF COPING STRATEGIES THAT CAN BE USED TO HELP WITH 'STRESS ON THE JOB'.
4. GIVE A PERSONAL ACCOUNT OF AN EXPERIENCE YOU HAVE HAD WITH 'STRESS ON THE JOB'. HOW DID YOU HANDLE IT? WHAT DID YOU LEARN FROM IT?