WORKPLACE MENTAL HEALTH INSTITUTE
Peak Performance Research & Programs™

STRESS @ WORK

OFTEN MISSED SIGNS & SYMPTOMS

PRESENTEEISM

People attend work regularly & consistently but are less productive and can waste a lot of the time spent at work

DIFFICULTY MAKING DECISIONS

It's common for people suffering moderate to severe stress to complain of racing thoughts, confusion & difficulty concentrating

ACCIDENTS

Research shows stressed people suffer more accidents and soft tissue injuries

GUT PROBLEMS

Sufferers may complain about stomach pains, difficulty digesting food & reflux. People can also tend to overeat or undereat in an attempt to regulate mood

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