

How to Support Your Colleagues in a Stressful Work Environment

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introductions



what is stress?



common workplace stressors

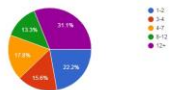
- Difficult clients
- Witnessing violence
- Lack of support
- Poor communication
- Different agendas from multiple depts.
- Vicarious stress

survey results

Would you consider your job stressful? (43 responses)

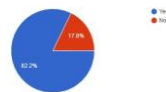


How many years have you worked with that field? (43 responses)

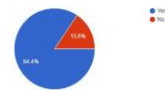


how could teams manage stress?

Can you identify stress in your colleagues? (43 responses)



Does your team support you when you are stressed? (43 responses)



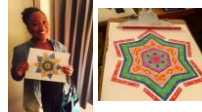
Can your colleagues identify when you are stressed? (43 responses)



ways to destress at work



ways to destress outside of work



story time

We want to hear from you...

