



# TASK 3



## How to prevent occupational stress?

To be able to prevent or reduce occupational stress, it is necessary to know the nature and scale of the problem existing in the organisation.

Example areas of exploring the problem of occupational stress:

### 1. How does your job affect your health?

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### 2. List the best and worst aspects of your job (do any of these elements contribute to your feeling of pressure)?

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**3. Do you think your job is the cause of your occupational stress?**

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**4. What is your level of absenteeism, employee turnover in the company where you work, efficiency, number of accidents / mistakes made at work?**

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