

# The changing nature of work: workplace stress and strategies to deal with it

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## KEY WORDS

Stress; job insecurity; prevention

## SUMMARY

*Workplace stress is costing the developed and developing world roughly between 5-10% of Gross National Product per annum in sickness absence, premature retirement due to ill health and lost productive value in terms of services and products. In addition, it is costing the health services of countries an additional burden in terms of treatment and incapacity benefits. A three prong approach to stress management and prevention is provided, exploring primary interventions (risk assessment), secondary interventions (training and development) and tertiary interventions (stress counselling and support).*