



## **Workplace stress and the holiday season.**

The festive season is meant to be all about relaxation, celebration and spending time with loved ones. Unfortunately, it is around this time of the year that we also see significant increases in a range of mental health issues which affect both individuals and organisations.

Perri Carlson, National Manager of the Drake WorkWise EAP said “The holiday season is often a stressful one with staff under pressure to meet deadlines during a shorter than usual calendar month. The added stress of organising family gatherings, parties, vacations and presents, often takes an emotional and physical toll on our health”.

High levels of stress are associated with increases in tension, irritability, an inability to concentrate, insomnia, in addition to a variety of physical symptoms including headaches and a fast heartbeat.

In the workplace excess stress can lead directly to increases in,

- High levels of absenteeism
- Increased staff turnover
- Poor job performance
- Low morale
- Low worker commitment
- Increased frequency of accidents
- Industrial relations difficulties
- Poor relationships with customers
- Difficulty retaining good managers

Providing organisations and individuals with the tools and resources to build resilience is an investment in preventing these issues from arising. The bottom line benefits of maintaining health and wellbeing in the workplace have been clearly identified and are receiving increasing attention in all industries.

Drake WorkWise can assist organisations to navigate the issues which arise at this time of year through our Organisational Consultancy, EAP, Trauma Management and Educational Services. Visit [www.drakeworkwise.com.au](http://www.drakeworkwise.com.au) to find out more.

