

No. 137

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STRESS DOWN DAY

The Samaritans have designated today (the 1st February 2008) as Stress Down Day.

A study has shown that one in four employees suffer stress as a result of bullying in the workplace.

Four out of five workers have been bullied at some time during their career.

Younger workers are more vulnerable to stress but are less likely to actually speak to someone about the bullying.

The most common cause of bullying in the workplace is clients, customers and managers.

Stress at work has a serious impact on an individual's health and on the efficiency and productivity of the business.

For further information, please contact Bethan Southcombe on 0117 945 3084 or e-mail employment@metcalfes.co.uk