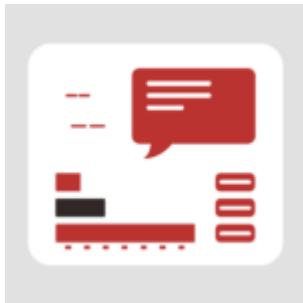


Taking Action on Workplace Stress Infographic



In today's fast-paced, multi-tasking society, workers can face enormous demands and stress on a daily basis. Over time, this constant pressure, worry and tension can affect both our mental and physical health. These problems, in turn, affect work performance and behaviour. In more severe cases, work may no longer be possible. (Source: CCOHS)