

Workplace Stress Handout



BENEFITS

October is [Healthy Workplace Month](#) in Canada, which is aimed at increasing awareness of the need for a comprehensive approach to workplace health that's influenced by four elements of a healthy workplace, including mental health. Because workplace stress can impact an employee's mental health, it's important that you educate employees on workplace stress.

HOW TO USE THE TOOL

Give this handout to workers to educate them on what workplace stress is, its signs and symptoms, and ways to deal with and manage it.

OTHER RESOURCES:

[WellnessFits](#)

[Stress Prevention at Work Checklist](#)

[Infographic: Depression in the Workplace](#)

[Why Your OHS and Wellness Programs Should Work Together](#)

[OHS & Wellness Program Integration Checklist](#)