



**Work
Stress
& Empathy**

We all know the feeling of trying to get up early to go to the office, running late to meet up with a deadline, whilst trying to arrive early for an appointment. Many of us have a permanent fear of being late to the office, losing a contract, or worst still, losing a job.

Your boss giving you an impromptu assignment which you weren't informed about, you then work single handedly on a project that normally involves three to four people. Not getting a positive acknowledgement or encouragement from your boss at the office on the completion of a particular project, not getting a promotion you think you deserve and so on. Work stress is a feeling that we all experience every day.

Other factors such as the happenings around us also contribute to the stress we go through. For example, the traffic we encounter daily before and after close of work has a huge impact on how we feel at the end of the day.

Most times when we are stressed, all we need is someone to empathize with us and understand what we are going through at that moment. Empathy goes a long way in helping us relieve ourselves of whatever thoughts we have that is getting us all worked up. Empathy from your boss, colleagues, wife, husband, family, friends plays a huge role in reducing work stress because its gives us a sort of assurance that no matter what we go through each day somebody still cares about us.

With so many sources of stress such as work, money, health, relationships worries and so on, it is difficult to find time to relax and disengage. This is why stress is one of the biggest health problems facing people today. When someone is under chronic stress, it begins to negatively affect his or her physical, mental and emotional well-being. We must listen to our bodies and adjust whatever the factor may be that is causing stress. Otherwise, the immune system and also our emotional and mental well-being may be affected.

To some extent, we can reduce stress by:

- 1. Simply taking good care of ourselves through getting proper sleep, exercise, and nutrition. Most workers after getting home late still spend more time with their phone on social media rather than getting enough rest so as to prepare for the next day.
- 2. Also setting personal goals, guideline and rules as regards projects, seminars or appointments at the office would also help cause once you are prepared you wouldn't have to rush and this also helps in reducing stress.

To really thrive in the face of stress, we should also work towards finding meaning and purpose in our work, and showing compassion to one another. This is really important as it helps to foster and nurture positive relationships with others by displaying real empathy.

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