





The effects of stress and anxiety



"A constant state of anxiety is not an effective or safe place to be"

How can organisations address stress?

- Employee assistance programmes (EAP)

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“There is no reason why a business can’t be a high-achieving, high-pressured organisation at the same time as safeguarding the well-being of its employees”

High performance: high stress levels and poor well-being?

Handwritten musical notation on a staff, featuring various notes, rests, and bar lines.

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