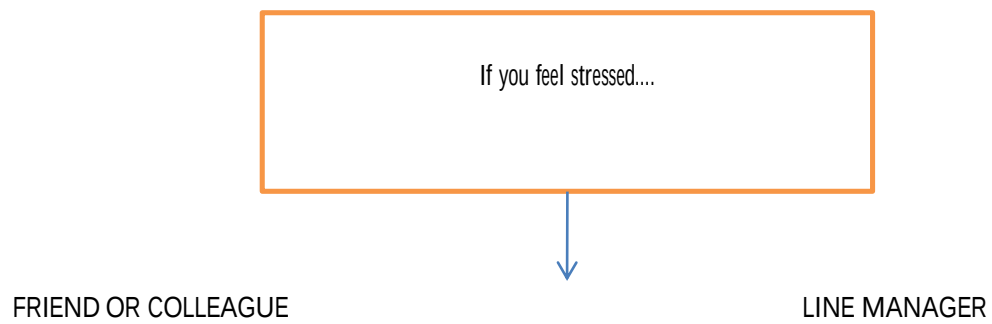


Managing Workplace Stress: a guide for employees

1. Introduction

The University is committed to providing a safe and healthy working environment for its staff and recognises the importance of fostering psychological as well as physical well-being. Stress is a complex subject and the University has to deal with its effects irrespective of its source.



Appendix 2

Creating a Personal Action Plan

Following a discussion regarding a stress related issue at work, it is important to capture the key elements and actions agreed to deal with the concerns raised.