Your SMART SAFETY Moment

Negative Stress

Negativity got you down?

Too much negative stress can be harmful to both individuals and the workplace as a whole. It can cause decreased productivity and morale, increased lateness and absenteeism, employee turnover, confrontational or violent behavior, and unpleasant work relationships and conflict among coworkers.

If these effects of negative stress are present in your workplace, acknowledge they exist and start dealing with them by recognizing the causes. Learn to manage stress effectively to improve your quality of life.

And that's smart safety!

For additional information or guidance, contact your safety office.