愛護心臟 由健康生活做起 Adopt a heart-healthy lifestyle to protect your heart

工作壓力管理
Work Stress Management

從你開始了解工作壓力 Understanding Occupational Stress from Yourself

1. 什麼是壓力？ What is Stress?

- 壓力本身其實是一種中性的驅動力，可以給予我們奮鬥的動力，但當壓力過大的時候，卻會令我們覺得情況不受自己控制，反而會令動力減低。 Stress by itself is a neutral motivating force. It motivates us to persevere in things we are working on. However, if the stress from work is too much, we will perceive that we are getting out of control of the work.

2. 工作壓力的影響 The Effects of Occupational Stress

- 工作壓力可以導致以下各種的身心及行為徵狀，直接影響個人健康： Occupational stress could lead to the following physical and psychological symptoms, directly influencing your health:

身體 Physical

頭疼 headaches	緊張 tension
胃痛 / 噁心 stomachaches/ nausea	便秘 / 腹瀉 constipation/ diarrhea
呼吸困難 / 胸悶 breathlessness/heaviness across chest	

心理 Psychological

焦慮 anxious	急躁 irritable
煩惱 worrying	憂鬱 / 沮喪 moody/ depressed
注意力無法集中 inability to concentrate	

行為 Behavioural

不愛交際 unsociability	不安寧 restlessness
粗暴行為 violent behaviours	失眠 insomnia
沒有食慾 / 暴飲暴食 loosing appetite/binge eating	

3. 壓力來源 The Sources of Stress

工作壓力可來自與工作有關的各個社會心理壓力來源，如工作量大，人際關係複雜，組織有很大的約束，工作沒有安全感，自決空間不足，組織氣氛差，工作環境欠佳，工作及生活取不到平衡，以及需求很大的情緒勞動等。 Occupational stress may have been caused by psychosocial stressors, e.g. heavy workloads, frequent interpersonal conflicts, organizational constraints, high job insecurity, lack of control in the discharge of duties, bad organizational climates, poor working environments, imbalanced work-life and overwhelmingly heavy emotional labour demand.

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