

FYSIOTEK CORPORATE WELLNESS



STRESS IN WORKPLACE

A UNIQUE HOLISTIC
SOLUTION

STRESS IN WORKPLACE

INTRO

Stress is increasingly becoming accepted as a workplace phenomenon negatively affecting a growing number of people across the world (Cox, et al., 2000). As the economy becomes global and competition increases in the battle for market shares and survival, pressure mounts on workers .



STRESS IN WORKPLACE

INTRO

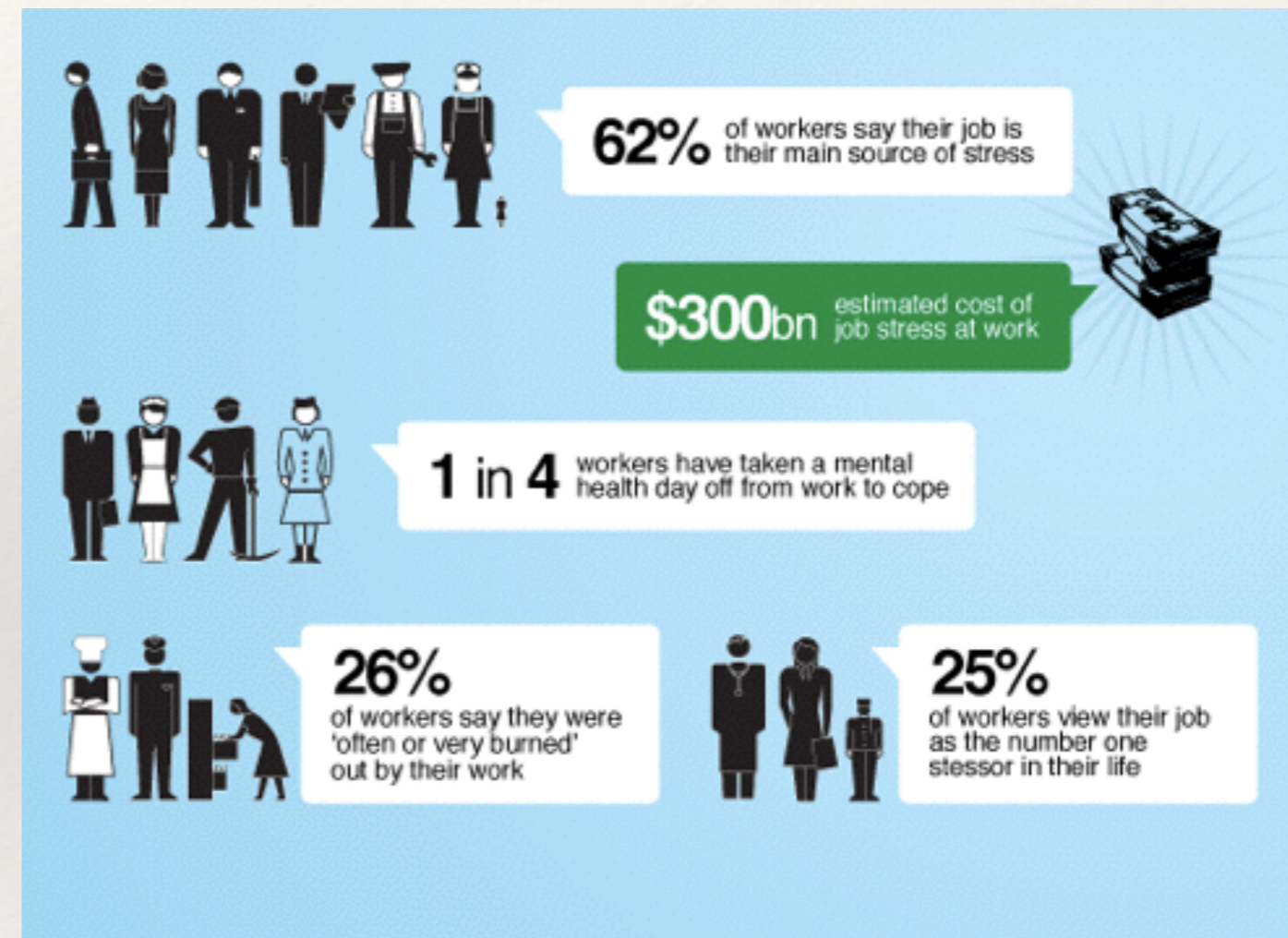
According to this model stress is seen as the perceived imbalance between internal and external demands facing the individual and the perceived ability to cope with the situation.

Mental toughness is when you can find fuel in an empty tank.

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THE COST OF STRESS

The costs to society are related to medical costs and possible hospitalisation, benefits and welfare costs in connection with premature retirement as well as potential loss of productive workers. On the basis of figures from a number of countries we estimate that in total stress and violence at work may account for 1-3.5% of GDP .



STRESS IN WORKPLACE

STRESS FACTS

Workers who are stressed are also more likely to be unhealthy, poorly motivated, less productive and less safe at work. Their organisations are less likely to be successful in a competitive market.



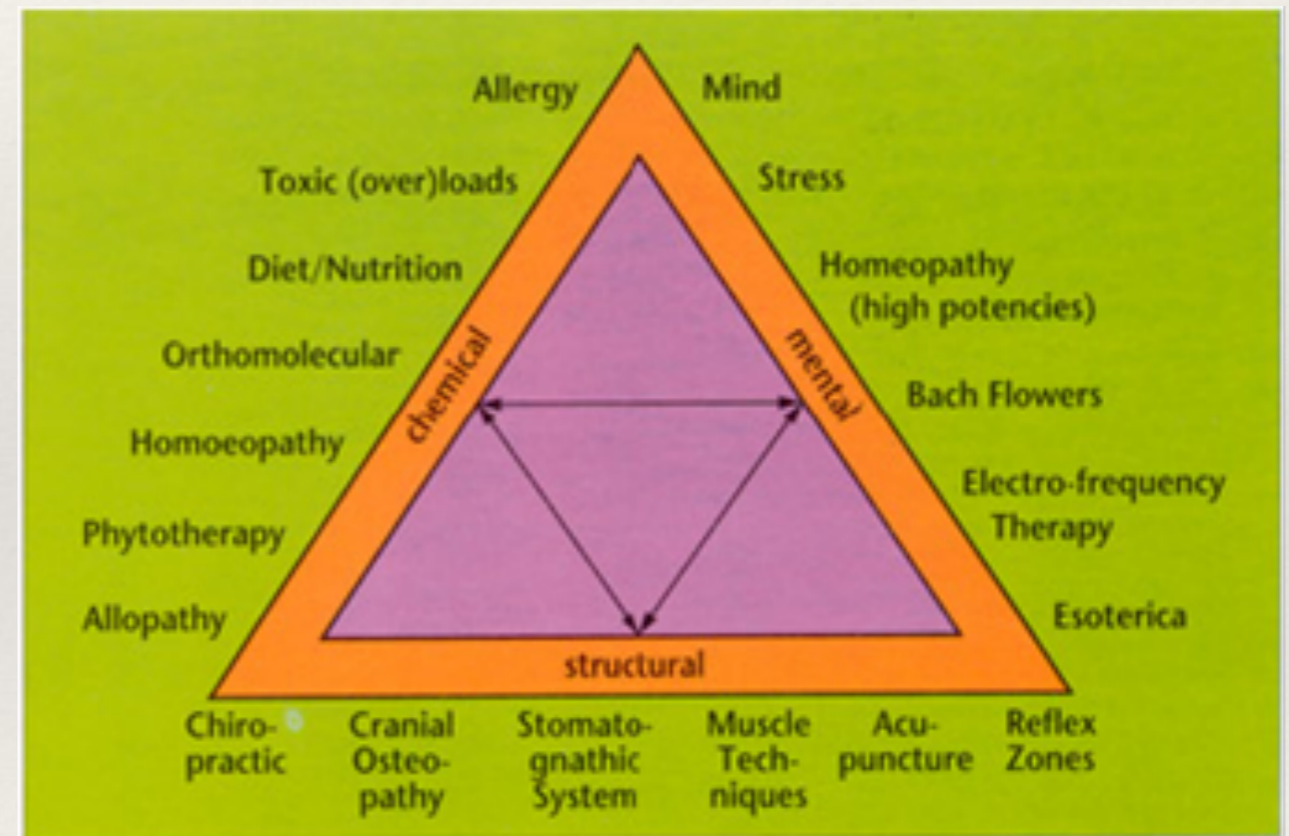
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STRESS PREVENTION

Assessing the risks of work-related stress involves answering the following basic questions:

Is there a problem? Could work stress be affecting your workers health? How can the stress problem be solved?

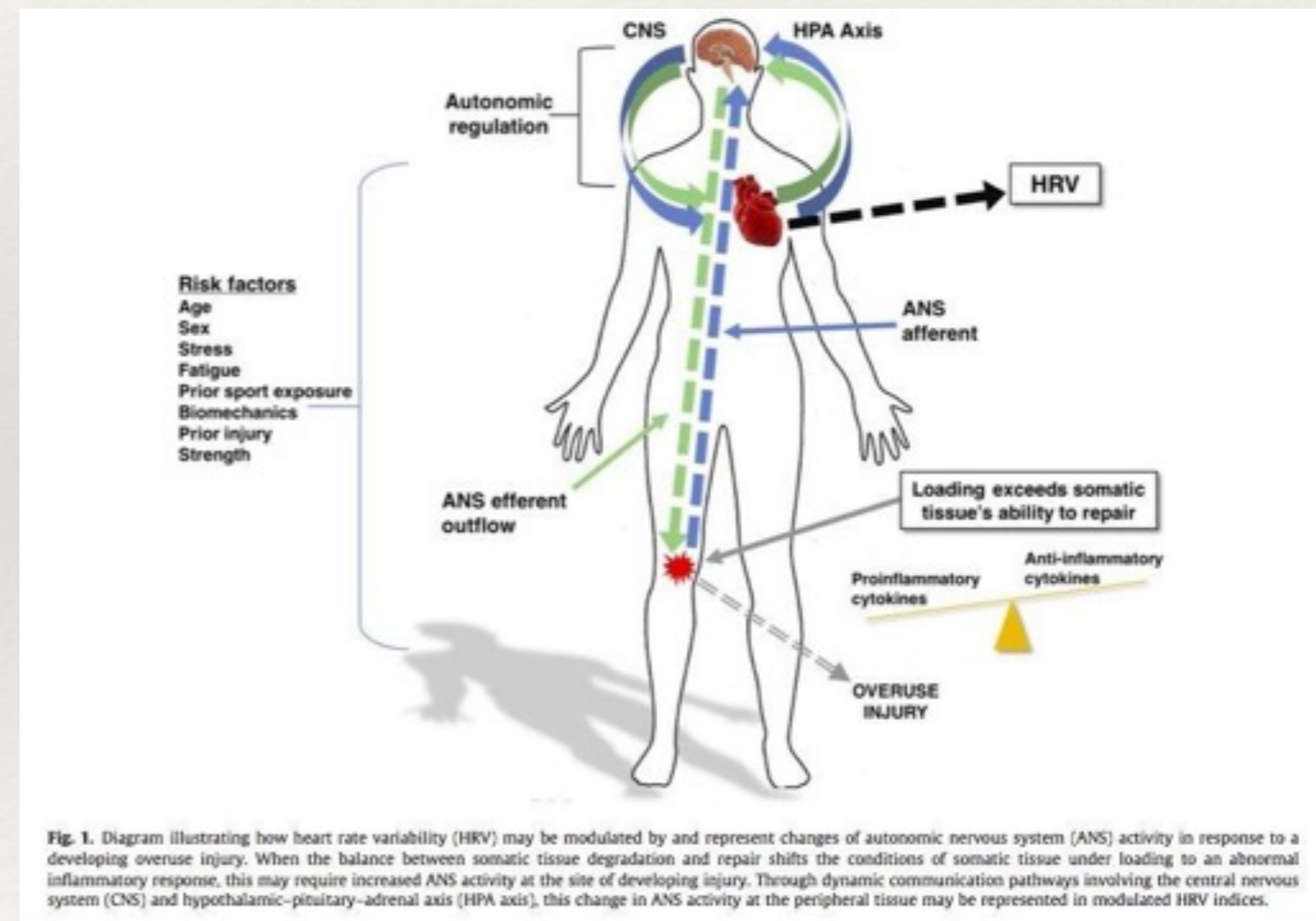
Is the whole system being monitored?



STRESS IN WORKPLACE

HOLISTIC APPROACH

Our lab promote workers well being with corporate wellness strategies and high tech assessments and treatments for the workplace stress. We work in the TRIAD OF HEALTH: mental, biochemical and mechanical type disorders can be solved with the right ways based in science .





www.fysiotek.gr

THANK YOU!!!!!!

