



ESTRÉS EN EL TRABAJO

El estrés en el trabajo es un fenómeno complejo.

Es el resultado de la interacción de múltiples factores como los siguientes:

- Problemas del entorno físico como una iluminación inadecuada, ruido, temperatura y humedad excesivos, escasez de espacio, etc.
- Ambigüedad en las funciones que se desempeñan, sobrecarga de tareas, escasa autonomía y participación en la organización del trabajo, conflictos interpersonales, etc.
- Exceso de competitividad, autoexigencia, perfeccionismo, impaciencia y hostilidad, escasas relaciones sociales de apoyo, etc.

¿Cómo puede manifestarse el estrés laboral?

- A veces, con alteraciones de la conducta y con consumo en exceso de alcohol y tabaco.
- En ocasiones aparecen síntomas como cansancio, insomnio, dolores de espalda y de cabeza.
- Otras veces hay alteraciones del humor con irritabilidad, ansiedad o depresión.

¿Qué actitud le puede proteger del estrés laboral?

- Mostrarse comprometido con lo que uno mismo es y con lo que uno hace.
- También el convencimiento de que se puede influir en los acontecimientos.
- Y creer que el cambio, más que la estabilidad, es parte de la vida. Es una buena norma.

¿Podríamos elegir diez reglas para intentar gestionar adecuadamente el estrés laboral?

1. Aprenda a relajarse: debe aprender algún método de relajación para dejar fuera de su cuerpo y de su mente la tensión.
2. Lleve una dieta equilibrada y practique regularmente ejercicio físico para estar en buena forma.
3. Dedique suficiente tiempo a dormir (un buen descanso).
4. No se preocupe por los asuntos poco importantes. Aprenda a diferenciar entre lo que es verdaderamente importante y lo que no lo es. Ponga las cosas en perspectiva.
5. No se enfade constantemente. Evite perder los nervios, pero si se enfada, intente mantener el control sobre sus sentimientos de enfado y oriéntelos de forma constructiva.
6. Aprenda a organizarse. Establezca cierto control sobre su entorno. Un ambiente agobiante y desorganizado colabora con la aparición del estrés.
7. Maneje el tiempo de forma eficaz. Aprenda a usar su tiempo de forma más efectiva. Controle su agenda en la medida de lo posible.
8. Haga uso de su red de apoyo social. Comparta tiempo con su familia, amigos y compañeros. Rodéese de personas que puedan escucharle y cuidar de usted.
9. Viva de acuerdo con sus propios valores. Tome conciencia de qué es lo que tiene importancia y qué es lo que no la tiene. Asegúrese de que las metas que persigue tienen un significado personal real para usted.
10. Haga uso del sentido del humor. Tómese las cosas con sentido del humor. Aprenda a reírse de sí mismo y de las circunstancias. No se tome excesivamente en serio.



Trabajo Identidad Estr

Du Gay, Paul

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





















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