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ways to create a work culture that brings out the best in employees

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Hardest Job | Simon  
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Coping with Stress  
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Training Your Mind to  
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to be highly  
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Tell the Difference  
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Performance  
When compared to  
employees without

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PTSD risk, they demonstrate: The Mental Health Index: U.S. Worker Edition, powered by Total Brain, a mental health and brain performance self-monitoring and ...

According to Mental Health Index:  
Elevated Risk of PTSD Continues;

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Adversely Impacts

Employee Stress  
Levels, Resilience  
and Cognition

Before the pandemic, while employee well-being was important for some companies, other leaders questioned why employee well-being was the corporation's responsibility. But the rising stress and ...

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Focus on well-being  
to unlock people's full  
potential at work

Among the biggest  
challenges of the job  
are unclear

performance

expectations, large

amounts of work,

distractions, stress,

competing priorities

and performance

challenges. How can

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we expect...

How to Prevent  
Employee Burnout  
Employee burnout  
should be of the  
highest priority for  
leaders in 2021 as  
they start to plan their  
recovery from the  
upheaval of 2020.  
Burnt-out employees  
can damage  
productivity and are

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How data can help  
resolve employee  
burnout

[4] Depression is the  
largest single  
predictor of  
absenteeism and  
work related  
performance. [5]

Depressive illness, a  
common side effect of  
job stress, in

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associated with nearly  
10 annual ...

## Financial Costs of Job Stress

"Men are less likely to  
report mental health  
than women, but  
suicide for men is  
double that of  
women," said Hiren  
Khemlani, a  
performance ... If an



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employee is  
struggling, rather than  
the onus ...

Burnout: why  
prolonged work stress  
is a danger to  
physical and mental  
health – especially for  
men – and what  
needs to be done  
about it  
Getting overly  
stressed over work?

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Take a trip. Now that the world is opening up again, consider heading for the beach, the mountains, Disney, whatever.

All work and no play?  
Take a timeout and a step back  
Does your stomach clench or get flooded with butterflies when you're facing a

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looming work  
deadline ... [Read:  
How to Handle  
Extreme Stress] 7.  
Seek help from your  
employee assistance  
program. 8.

8 Tips for Coping With  
Work-Related Anxiety  
Employees who work  
in an environment of  
poor management □  
where there are

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unreasonable demands, a lack of autonomy and recognition, and low levels of

□ psychological safety□  
□ are three times more

...

Stress, Depression,  
and Heart Attacks:  
What Poor  
Management Does to  
Employee Health

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77% of employees affirm that they would feel more integrated into their work if their value as a person were recognized.

Build a model of organizational happiness and well-being

When an employee performs heavy physical work, fluid

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intake may not  
overcome the ...

Gopinathan PM,  
Pichan G, Sharma

VM:  $\square$  Role of  
Dehydration in Heat  
Stress-Induced  
Variations in Mental  
Performance.  $\square$  ...

How Heat Stress  
Affects Performance  
The pandemic year  
may have boosted

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your job satisfaction, as it did for countless others. Now, with offices starting to reopen, what many executives don't understand is that the future of work you ...

## How To Talk To Your Skeptical Boss About Flexible Work

To maintain the health  
and performance of

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their workers, employers need to rethink how they perceive and promote wellbeing across the organization. (Photo: Shutterstock)

Between the stress of the ...

Employee wellbeing is a necessity, not a luxury

Successful leaders



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Performance  
are looking at their talent as a renewable resource and finding new ways to invest in their employees to future-proof talent pipelines, experts say.

Outdated Leadership Approaches No Longer Work; Here's What Does, Experts Say

Rather, it tracks the

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workplace experiences and conditions for high employee performance ... more productive while decreasing their work stress and potential for burnout. However, engaged workers ...

7 Things We Learned  
About U.S. and  
Canadian Employees

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If you've ever felt your noisy open-plan office makes you cranky and sends your heart racing, our new research shows you aren't imagining it.

Open-plan offices make you stressed and moody: We've got the data to prove

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As many head back to an office, they are venturing into open-plan office noise.

Research says this can increase stress and worsen mood.

Open-plan office noise increases stress and worsens mood: we've measured the effects

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When an employee  
cites stress as a  
reason for either  
sickness absence or a  
... They must  
embrace the  
organisation's values  
around behaviours  
and work  
performance.  
Employees are  
offered shares, with ...

CPD: managing

*Page 29/31*

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stress and psychosocial risk within oil and gas. What is the key to better sleep and less stress ... results in well-being and performance," says Shoushi. clearly believes in the benefits of mindfulness at work. It invited Shoushi to ...

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