

Стрес Stress Stressi Stress Stress Stressu Feszültség Stress (Le) Stress Στρες Stress Struss Stress Stressa Stress Naprężenie Stress Estresses Stress Estrés Stress Naprężenie Stress Spanning Påfresting Στρες **Stress.**

Providing the tools to manage workplace stress within the EU

Workplace stress is a common issue in over 23 million small to medium sized enterprises in the European Union; that is 99% of all European businesses. As part of a larger European Agency for Safety and Health initiative in 2014-2015, IOM developed an e-guide on managing stress and psychosocial risks for both employers and employees of small businesses.

The e-guide, which has now been produced in over 30 languages, raises awareness and understanding of the issues. With the e-guide enabling employers to take a pro-active approach on the topic by focusing on the best practices for managing the causes of stress, rather than just providing help to employees to deal with stress once they are suffering.

The e-guide should have a lasting impact on the welfare of workers across Europe.

