



## Work Stress: The Bottom Line? Stress is Bad for Business by award-winning author / stress-relief expert Susie Mantell

We're seeing unprecedented incidence of work-related stress attributed to workplace tension, recession stress and downsizing, extended periods seated at computers and even air travel. The impact of such stressors manifests in absenteeism, unprecedented incidence of depression, addictive behaviors, stress-related-illness, everyday irritability and "burn-out." Re-circulated air and inadequate rest further set the stage for health problems, exacerbated and sometimes caused by stress that originates in the office.

Exponentially increasing responsibilities and across-the-board economic concerns are creating a climate in which stress is becoming a routine part of doing business, and wise managers understand that this must be addressed on the job. I suspect many failed ventures can be traced back to managers finding both themselves overwhelmed by stress and a staff who just couldn't make it better.

I recall a very skilled physician whose expertise I respected tremendously. His inability to organize and administrate was terrible, however, and this brilliant practitioner kept finding himself so strung-out over billing problems and scheduling errors that his reputation as a skilled and compassionate caregiver suffered. Sadly, his entire staff was so stressed-out by their work environment that one-by-one, they quit, and his practice dwindled, dried up and died.

How often do we hear of clients or associates parting company due to bad attitudes or short tempers? The bottom line of any company has as much to do with the physical and emotional health of its employees as it has to do with business acumen and a crack sales staff. Wise managers understand that organizations on every size are still comprised of people-- with all their human gifts and frailties.

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without the express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to [info@relaxintuit.com](mailto:info@relaxintuit.com). *Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at [www.relaxintuit.com](http://www.relaxintuit.com)*



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