

# **WRS**

***What is it?***

# ***W*ORK *R*ELATED *S*TRESS**

**is the adverse reaction  
someone has to excessive  
pressure that arises  
from or is made worse  
by work**

**WRS is not an illness**

**However, it *can* lead to  
increased risk of  
ill health**

**Increased blood  
pressure**

**Anxiety**

**Back pain**

**WRS can lead to...**

**Heart disease**

**Depression**

**GI issues**

**Insomnia**

**If you believe  
that you may be  
experiencing WRS  
here are some things  
you can do...**

**Talk to a Mental  
Health First Aider  
Speak to your  
doctor  
Eat healthy  
Talk to your employer  
Stop smoking  
Limit caffeine intake  
Talk to a loved  
one**