

## Health Effects of Stress

Physical:

Psychological:

Behavioural:

## Contents of a Stress Policy

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## Environmental Stressors

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## Definition of "Stress"

## Causes of Stress (HSE's Stress Management Standards)

Demands:

Control:

Support:

Relationships:

Role:

Change:

# Element 5B

## Mental Health at Work

## Controls and Levels of Support

Primary:

Secondary:

Tertiary:

## Elements of the Management Competency Framework

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