

Stress in the workplace [Stress no local de trabalho]

Texto e áudio – Nível de dificuldade médio/alto.

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Stress in the workplace

In today's economic situation, downsizing, layoff, merger and bankruptcy have cost hundreds of thousands of workers their jobs. Millions more have been shifted to unfamiliar tasks in their companies and wonder how much longer they will be employed. Adding to the pressures that workers face are new bosses, computer surveillance of production, fewer health and retirement benefits, and the feeling they have to work longer and harder just to maintain their current economic status. Workers at every level are experiencing increased tension and uncertainty, and are updating their resumes.

Numerous studies show that job stress is far and away the major source of stress for American adults and that it has escalated progressively over the past few decades. Increased levels of job stress by the perception of having little control but lots of demands have been demonstrated to be associated with increased rates of heart attack, hypertension and other disorders.

In New York, Los Angeles and other municipalities, the relationship between job stress and heart attacks is so well acknowledged, that any police officer who suffers a coronary problem on or off the job is assumed to have a work related injury and is compensated accordingly (including heart attack sustained while fishing on vacation or gambling in Las Vegas).

Common sources of work stress:

- Low salaries;
- Excessive workloads;
- Few opportunities for growth or advancement;
- Work that isn't engaging or challenging;
- Lack of social support;
- Not having enough control over job-related decisions;
- Conflicting demands or unclear performance expectations.

Effects of uncontrolled stress

In the short term, a stressful work environment can contribute to problems such as headache, stomachache, sleep disturbances, short temper and difficulty concentrating. Chronic stress can result in anxiety, insomnia, high blood pressure and a weakened immune system. It can also contribute to health conditions such as depression, obesity and heart

disease. Considering the problem, people who experience excessive stress often deal with it in unhealthy ways such as overeating, eating unhealthy foods, smoking cigarettes or abusing drugs and alcohol.

Adapted from: <http://www.stress.org/workplace-stress/>

ÁUDIO: Copie o texto acima, cole na janela do Acapelabox que abrirá ao [clique aqui](#) e dê play para ouvir.