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## Employers urged to introduce measures to calm staff

by Juno McEnroe

IF THE daily grind is stressing you out, take some solace from your friends or switch on the TV — that's the message from research on tackling daily stress in people's lives.

The survey on the causes of stress and its remedies concludes that employers must introduce initiatives in the workplace to help calm employees.

Otherwise companies face a loss in profits, stress management consultants warn.

According to the research to mark national stress awareness day today, the three most common sources of daily stress for people are work (55%), bills (40%) and lack of time (40%).

But men and women are coping with their anxiety in remarkably different ways, according to the research.

Therese Ryan, a consul-

tant with the International Stress Management Association, said: "The survey tells us that women deal with stress by talking with family and friends and, in total contrast, men do not talk at all about it but rather seek distraction from it — such as TV and surfing the internet. Taking a break is good but you must eventually deal with your stress."

The survey found the most common ways of deal-

ing with daily stress for men were watching TV (51%), listening to music (46%) and surfing the internet (43%). While for women, the most common ways that helped them to relax were talking to family or friends (51%), watching TV (52%) and going for a walk (46%).

"Women are allowed to need support but this is not the case for men.

For men, admitting to being stressed out may be seen as a sign of weakness. Irish men, and their health, are at high risk due to daily stress," added Ms Ryan.

On the lighter side, the survey, which was carried out in late October on 1,000 people, found that if people could wave a magic wand, the best cures for daily stress would be more money, working less, more time — and winning the lottery.

The general advice on

tackling stress though is simple, says the report, commissioned by Rescue Remedy. No matter what age someone is, an active lifestyle is key. Keeping up exercise and watching your diet are crucial, they suggest.

Other research findings showed that more women than men had sleepless nights because of stress.

Furthermore, women were nearly twice as likely to get headaches.