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*The number of days people are absent from work due to stress-related illnesses is increasing year on year. However, with developments in technology, life should be easier for many of us than in the past.*

*What are the main causes of stress in today's workplaces and how can they be dealt with?*

Today's workplaces are completely different with their old ones. People deal with many responsibilities and have to be at their best, to keep their jobs. There are few people whom they feel relaxed at their workplaces and the prevalence of stress-related illnesses is common ~~between-among~~ staff. Causes and solutions of that ~~is-are~~ a moot point but there are some methods which can be applied to reduce it.

Most of the job positions are specialized ~~on-in~~ today's world and people have to spend a lot of time preparing for ~~itthem~~. On the other hand, ~~the~~ market of services and products is quite competitive and every simple task must be done as best as possible. To get the job done, many of ~~the~~ people are forced to spend their non-working time and so they have less time to rest. In addition, most of the companies, especially private ~~companiesones~~, are profit-driven. This means they hire fewer people than ~~they shouldworkforce~~ and are trying to get the most out of every single person. Therefore, these factors cause pressure on the personnel and they feel more responsibilities and stress.

Considering the above causes, I think there are some methods which can be applied by both staff and companies to reduce stress-related illnesses. Every person should have a plan for mental relaxation and emptying his mind from work issues. For instance, it is proven that going to ~~the~~ gym and ~~doing~~ some exercises could relieve your mind from stress. Going ~~to-traveltravelling~~ with family or friends also has such effects. If possible, ~~you should do-~~not expose yourself ~~on-to~~ stressful work. In addition, companies and business owners play an important role ~~on-in~~ this problem. They should arrange their workplaces with reasonable load distribution. ~~Making-creating~~ a friendly atmosphere can help ~~the~~ personnel to work more ~~comfortablye~~. Paying rewards or giving periodic vacations are other ways ~~forwith~~ this goal.

To conclude, people deal with many responsibilities at today's workplaces which can lead to stress-related illnesses. To mitigate this, actions must be done by both staff and companies. These actions include stress release and mind-relaxation methods. It is clear that a healthy mind will have more efficiency and creativity at work and living.