Work stress relief and management framework

This slide illustrates work stress management framework for corporate employees. It includes demands such as job, personal resources etc.

Demands

Job
- Work pace
- Work load
- Role ambiguity
- Role conflict
- Add text here

Personal
- Financial issues
- Family demand
- Relationship conflict
- Add text here

Resources

Job
- Supervisor support
- Control
- Feedback
- Add text here

Personal
- Physical health
- Core self evaluations
- Add text here
- Add text here

Non work
- Friends' support
- Family's support
- Add text here
- Add text here

Strain and burnout

Work engagement

Employee well-being

Framework Stress Relief

G Thomas

Framework Stress Relief:

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Framework Stress Relief** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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