



How Work Stress Can Affect Mental Health

Work can provide structure, purpose, financial security, and a sense of achievement. However, when workplace pressures become overwhelming or prolonged, they can have a significant impact on mental health and overall wellbeing.

Many people experience periods of stress at work, particularly during busy times or when facing new challenges. While some stress can be motivating, ongoing work-related stress can leave you feeling exhausted, anxious, and emotionally drained.

Common causes of work stress include excessive workloads, unrealistic deadlines, long working hours, lack of support, job insecurity, workplace conflict, or difficulties maintaining a healthy work-life balance. Over time, these pressures can begin to affect both physical and emotional health.

Signs that work stress may be affecting your mental wellbeing include:

- Feeling constantly overwhelmed or under pressure
- Increased anxiety or excessive worrying
- Difficulty concentrating or making decisions
- Irritability, frustration, or mood changes
- Fatigue and low energy levels
- Sleep difficulties or disrupted sleep patterns
- Feeling detached, unmotivated, or burnt out
- Physical symptoms such as headaches, muscle tension, or digestive issues

When stress becomes chronic, it can contribute to anxiety, depression, burnout, and a reduced sense of self-confidence. It may also affect relationships, family life, and your ability to enjoy activities outside of work.

Counselling can provide a valuable space to explore the impact that work stress is having on your life. Together, we can identify the sources of stress, examine unhelpful patterns, develop healthier coping strategies, and establish boundaries that support your wellbeing.

Therapy can also help you build resilience, improve self-awareness, and develop practical tools for managing workplace pressures more effectively. Whether you are struggling with burnout, workplace conflict, career uncertainty, or simply feeling overwhelmed by the demands of work, support is available.

You do not have to wait until you reach breaking point to seek help. Taking time to address work-related stress can improve your mental health, strengthen your wellbeing, and help you create a healthier relationship with work and life.