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# What Stresses Executives????

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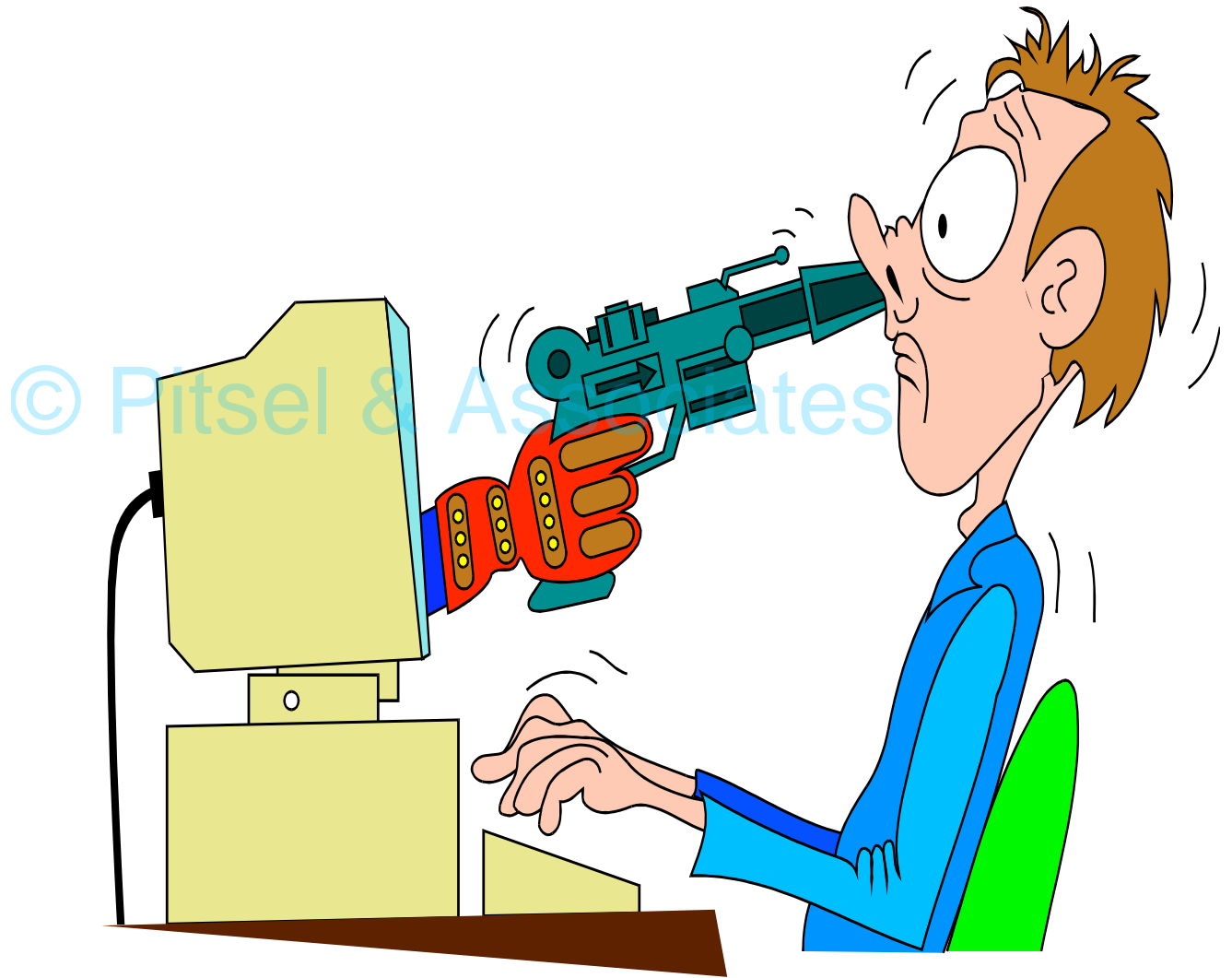


# What Stresses Executives????

From a survey of 300 executives and managers conducted by Net Future Institute of North Hampton, N.H. as reported in the Globe and Mail, Friday, Feb. 15<sup>th</sup>/02

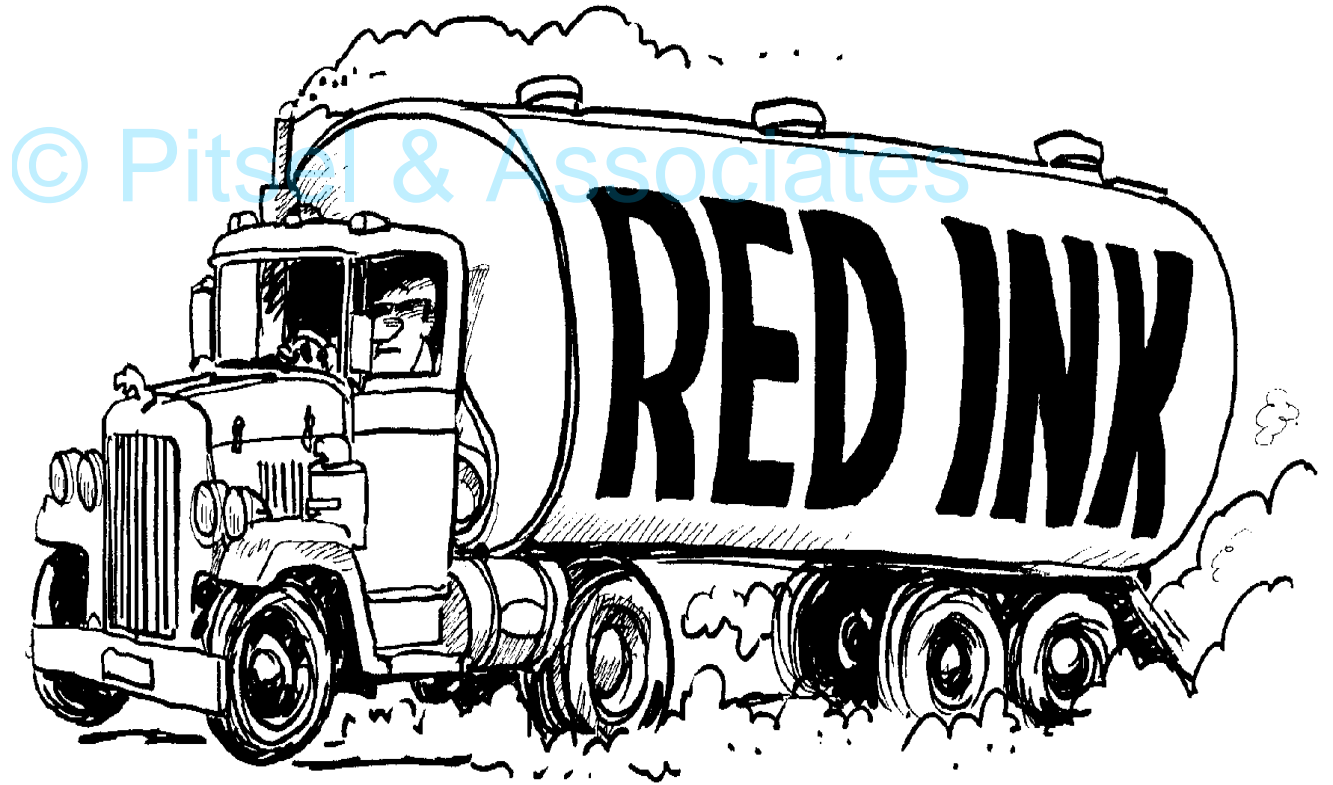
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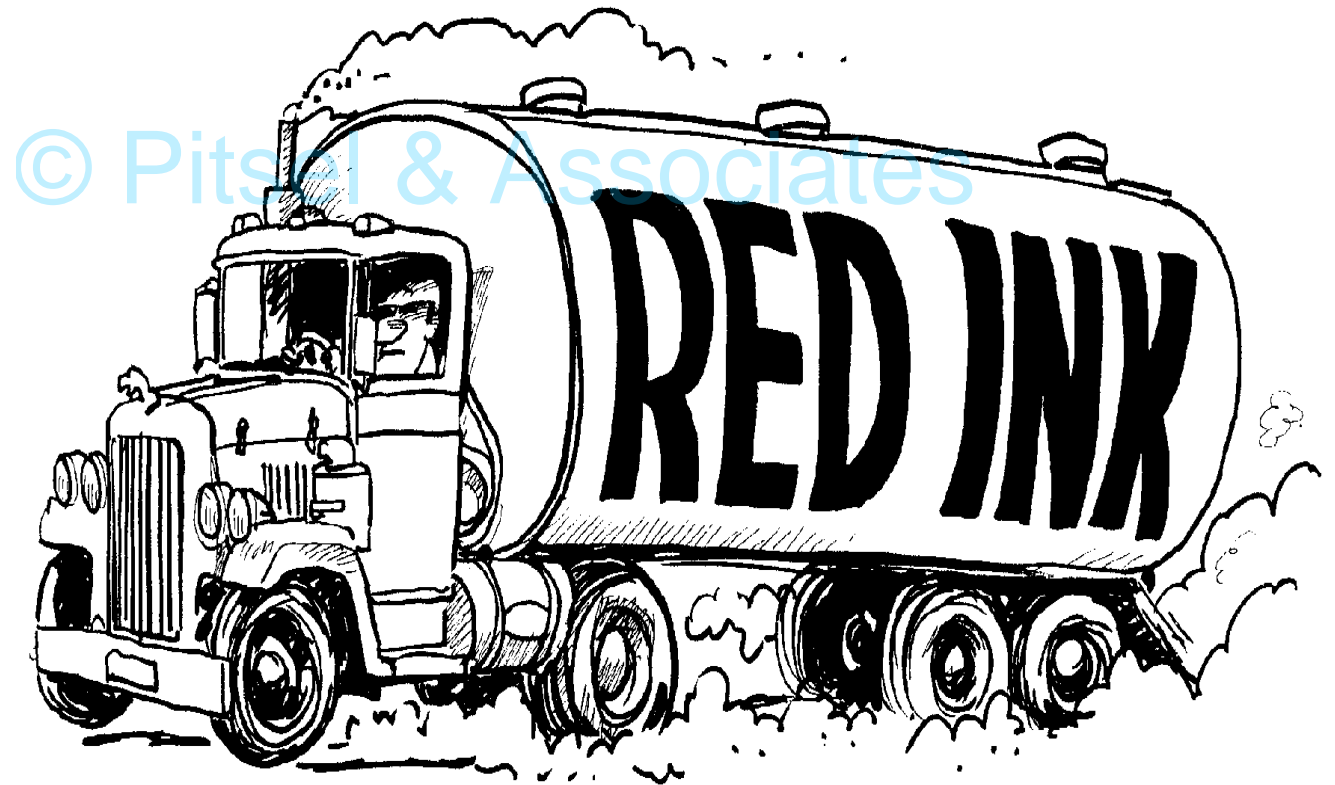


# 1. Deadlines





## 2. Budget constraints



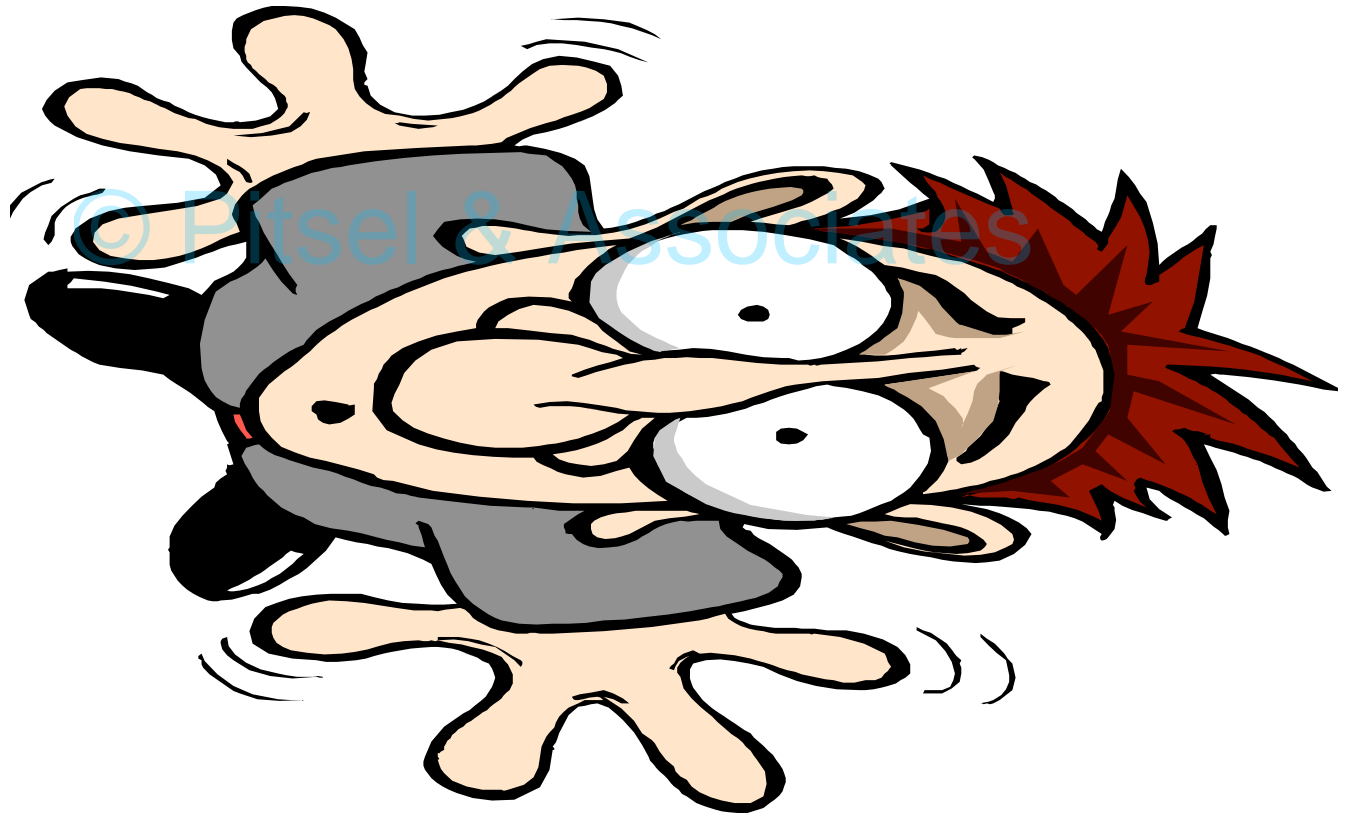
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# 3. Financial stress, earnings

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# 4. Constant change



# 5. E-mail overload

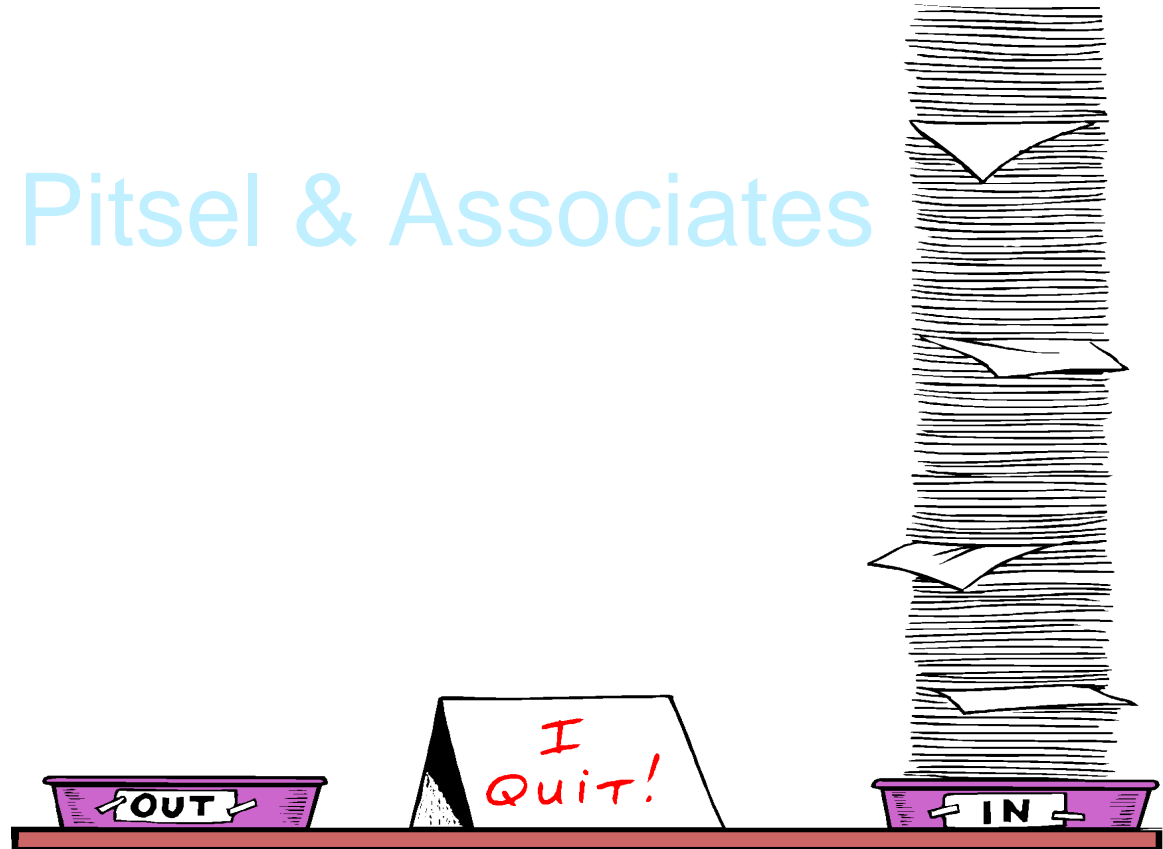


# 6. Poor organizational communication, upwards or downwards



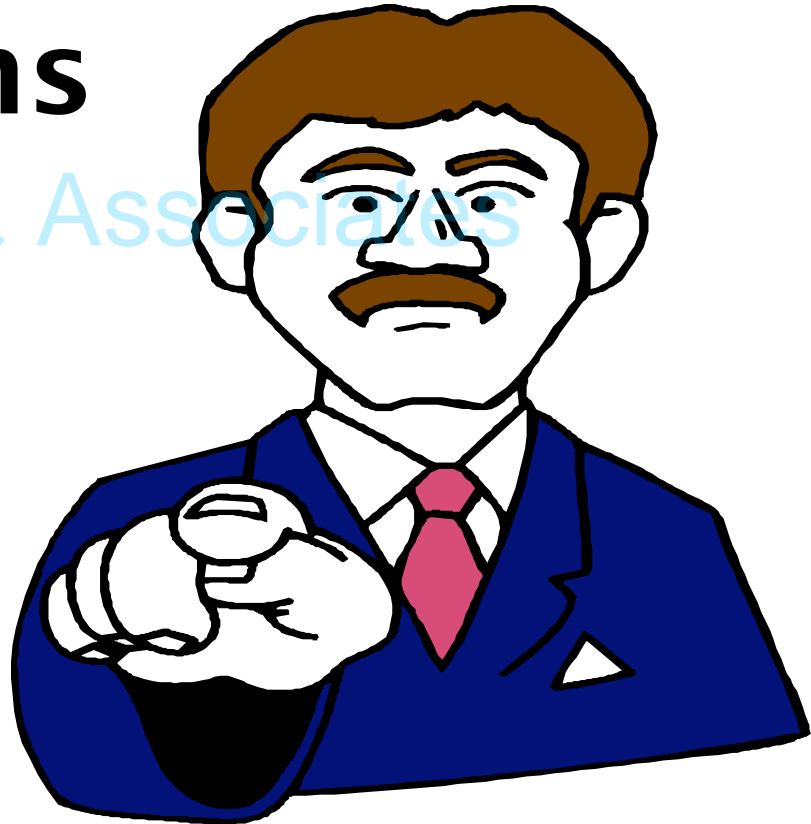
# 7. Impact of layoffs, reduced staff

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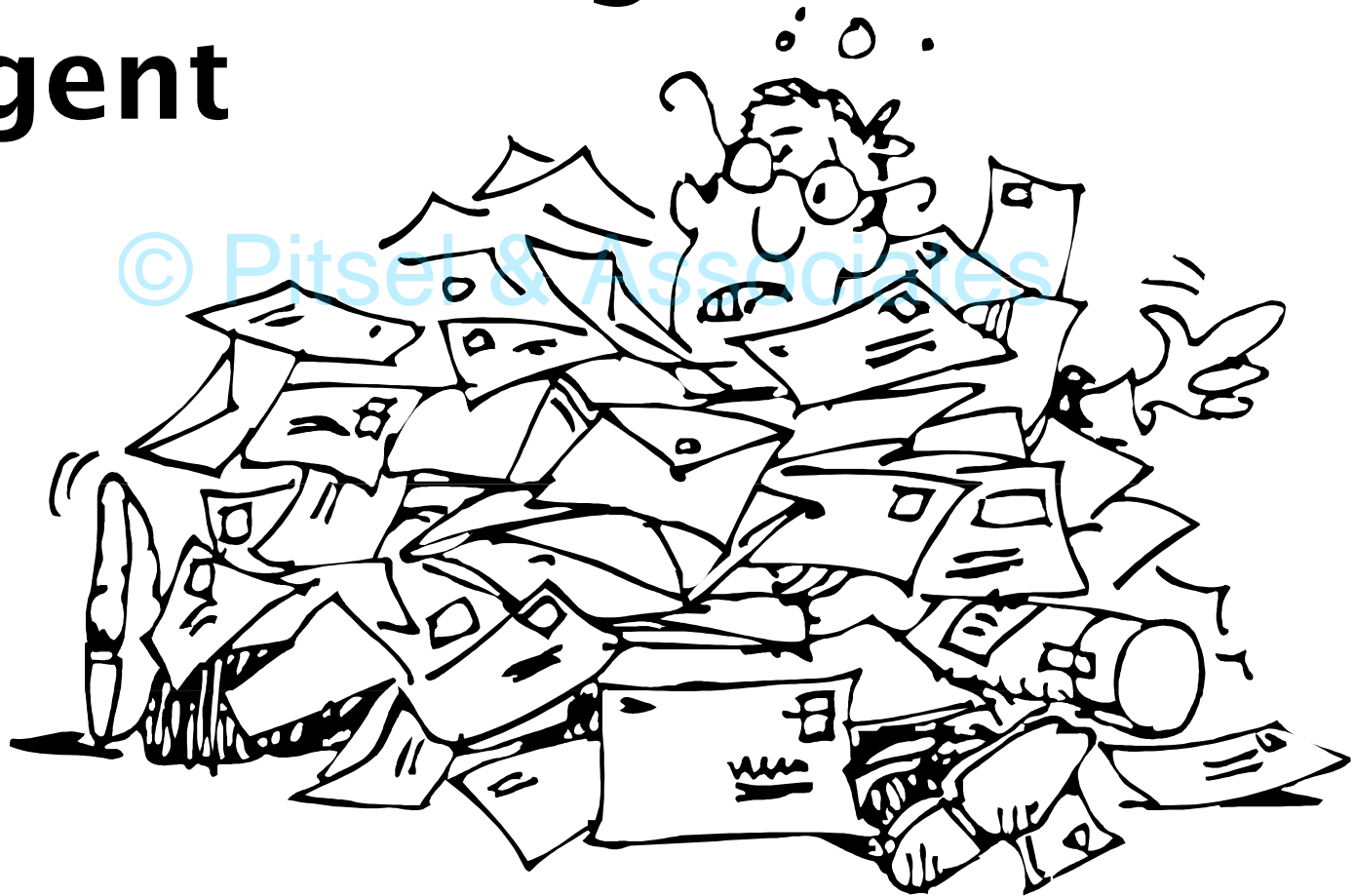


# 8. Pressure from upper management, performance expectations

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# 9. Unimportant tasks that are designated urgent



# 10. Co-worker conflicts

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# 11. Family Pressure





# 12. Meetings, too many or too unproductive





# 13. Dealing with the problems of others



# 14. Office politics

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# **15. Personnel related problems such as grievances and employee welfare**

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# **16. Job security, dwindling confidence in survival of the division or company**

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# 17. Personal finances



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# 18. Health problems, lack of

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I need an hour of  
your time . .

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# 19. Pressure from subordinates

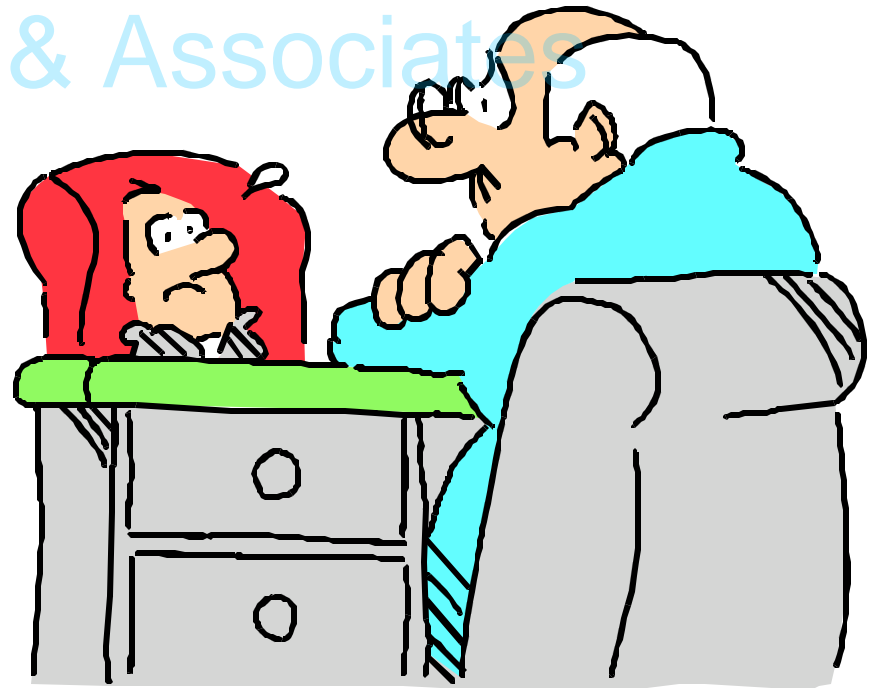


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# 20. Ethical disconnect between the executive and others in the company

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**21. Environmental  
factors such as smoke,  
perfume or bad lighting**

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**What stressors do the people face in your organization?**

**And**  
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**Do you have a program that addresses the needs of your staff?**

**For information on conducting a stress survey in your organization, or on presenting an effective Stress Management course, please contact**

**Dr. Patricia Pitsel**

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