



GMB

GMB@WORK

A guide for GMB Safety Representatives

Work-related Stress

What is “stress”? The Health and Safety Executive (HSE) defines stress as: “the adverse reaction people have to excessive pressure or other types of demand placed on them”. It is not the same as pressure. We experience pressure every day, and it motivates us to perform at our best. It’s when we experience too much pressure without the opportunity to recover that we start to experience stress.