

# Stress coping strategies

## ***Deal with problem relationships at work***

It doesn't matter what you do, whether you're a manager, owner or employee, it's important to be able to work well with other people. The relationships you build at work can be really supportive, they can be a very enjoyable aspect of going to work; unfortunately they can also be incredibly stressful.

The sorts of things that may make you feel there is a problem with a colleague or manager are –

- Feeling like you are not listened to
- Feeling isolated
- Feeling like you're being unfairly treated
- Bullying and harassment
- Feeling like you're being overly criticised
- Feeling that other people not pulling their weight
- Feeling like you're being undermined

And different problems will need to be dealt with in different ways.

If you feel there is a simple misunderstanding all you may need to do is to talk to the colleague - a simple non-confrontational chat may be all that is necessary, but if this is not possible or not relevant to the situation, you may need to talk to a manager or to your employer - your problem should always be taken seriously. They may in turn need to ask for expert assistance.

It's important to deal with a problem quickly, nip it in the bud, don't brood on it or just hope it will go away if you leave it. It's important that you feel comfortable and able to thrive in your work environment and that you feel you're working as part of an effective team.

Try to build good relationships at work - more good relationships will almost automatically reduce the likelihood of problems and give you more support and fall-back if problems should occur.