Name of Student

Name of Professor

Name of Class

Day Month Year

  **Personal and work stress**

**Work Stress:**

Work stress can be defined as emotions or physical tension due to work problems. There are various factors that can cause work stress. The average person in America works 46 hours a week. With the advancement in technology, employers expect the availability of their employees on the weekend as well. It decreases the time to engage in the personal and social circle. Besides the shortage of time, discrimination and harassment at the workplace may lead to work stress. When people feel insecurity from their jobs and think they are not getting reward or acknowledgement for the hard work they are doing for the organization, they start feeling stressed at workplace. When people have to face strict management, their work and office policies make it worst to stay calm and relax. Therefore work stress becomes inevitable.

**Personal Stress:**

 Personal stress is more important to consider because if a person gets personal stress, then it is obvious that the job will also be affected. Personal stress can be caused due to many reasons. If routine gets disturbed due to unknown reason, it leads to stress. For instance, you are on the way to the job, and you left your bag or mobile at home. The whole schedule will be disturbed now, and therefore you will feel personal stress. Personal personalities can also cause stress. A person with confidence will give less stress than the person who is not confident. Another reason for personal stress can be a life change. The scientists have found forty-three types of life changes which can cause personal stress. Lastly, there should be balance in work life and personal life. The people who failed to balance work-life balance may lead to personal stress as well as work stress at the same time.