# Stress At Work: What Causes It and How To Fix It?

If you are stressed at work, you are not alone. Most people find themselves stressed with work at one time or another. Stress at work can come from a variety of different factors. Being able to identify them is the first step in being able to fix them.

In this tutorial, I will cover what stresses people at work and how you can begin to take steps to fix it for an overall better life.

## Low Salaries

Low salaries and being underpaid are one of the top causes of stress at work. You might feel like you are working all the time but are not getting paid enough to show anything for it. Not getting paid enough can also make you feel undervalued as an employee which causes more stress.

If you have been in the same position for a long time and have not received a raise, you can consider going to your bosses and asking about the timeframe for a raise.

If you feel your pay does not reflect your skills, consider switching jobs. This can be a big move, so consider it carefully. Moving onto a new job, though, is one of the best ways to earn more and find a place that values your skillset.

## Not Enough Opportunities For Growth

A good career allows you to work your way up and move into other positions within the company. If you are in a job that does not have room for growth, it can easily cause stress because you feel like you are in the same place for years and years.

This mainly causes stress because you do not know what direction your life is taking. This cause does not have an easy fix, but there are some things you can do.

The best thing you can do for yourself is to talk to the management at your job. If there is truly no room for growth, you need to move on and find different opportunities.

## Tough Workloads

When you are given too much work and not enough time to do it, this can easily cause stress. Many people complain of stress when they have too much work and too little time. Excessive workloads can also lead to burnout very quickly.

You might find yourself no longer liking your job and dreading going to work. This can cause even more stress.

When you have excessive workloads, you need to engage a team. Ask your boss or management if some of the tasks can be worked on as a team rather than you going solo. You can also ask that the work be split up so that you only have certain tasks and not all of them.

## Lack of Support

Everyone knows that work is better when you have co-workers and others you can lean on. When you have co-workers that make the job fun and support you in your duties, you can find stress eases off you.

When there is no support at work, stress comes easily. Try to lean on co-workers who are willing to help. If you do not have any, try to seek out support from other departments, or let your boss know you need to find support as a team.

## Lack of Control

When you do not have control over job decisions, you can feel stressed and hopeless. Try as a team to split up tasks so there is always something you control that makes you feel like you are needed and important.