

CBT FOR WORK RELATED STRESS



Learn skills to improve
concentration, focus and
confidence.

Cognitive Behaviour Therapy (CBT) For Work Related Stress.

Work-related stress is widespread and can lead to increased stress levels, depression, job dissatisfaction, long-term absenteeism, increased errors and interpersonal difficulties amongst teams.

Redundancies, increased workloads, targets and strict evaluations are leaving many feeling stressed in their job.

Experiencing work related stress is not limited to employees but also extends to owners and many self employed individuals who also face similar feelings of stress resulting from the demands of managing a business. Too much stress can often lead to burnout.

Symptoms to look out for

- Insomnia
- Difficulty concentrating
- Anger
- Increased stress
- Irritability
- Increased worry both during and after work
- Fatigue
- Fear
- Muscle tension
- Isolation
- Physical health deteriorating
- Impatience

Behaviours

- Working long hours and difficulty relaxing
- Comparing yourself to your colleagues or other business people
- Increased perfectionism
- Constantly checking your work phone and emails
- Rumination
- Inability to motivate yourself
- Your work and personal life are off balance
- Arguing with your manager or team
- Increased mistakes

CBT Therapy and work-related stress

Cognitive Behaviour Therapy (CBT) is the primary treatment for work-related stress and all forms of anxiety. CBT will give you practical tools and strategies to manage work related stress. CBT is scientifically proven to help improve stress, performance, focus, concentration and overall wellbeing.

At The Consulting Clinic we have a highly trained and experienced team of Psychologists that offer CBT for work related stress. Our location in Dublin 2, beside Leeson Street makes us easily accessible.

Book today to start CBT for work related stress.

Book Now



This guide is for the purpose of sharing and does not replace therapy.

Contact The Consulting Clinic if you would like to book an appointment or to cite this ebook.

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