

# Spotting the signs of potential workplace triggers for distress

☐ People working long hours and not taking a break

☐ Unrealistic expectations or deadlines

☐ High-pressure environments

☐ Unmanageable workloads or lack of control over work

☐ Negative relationships or poor communication

☐ An unsupportive workplace culture or lack of management support

☐ Job insecurity or poor change management

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High risk roles