
Press Releases - 2005 Aug 29
STRESSED?

- 92% of bosses believe stress can help their staff to meet deadlines and ensure their business is run efficiently
- Most managers think that the level of stress in their organization is about right
- But 79% of bosses believe staff use stress as an excuse for absence from work
- A third of managers have a drink or two to cope with stress, but two thirds opt for exercise or health eating

The ability to manage stress is vital for a successful business career, according to the latest research from **The Aziz Corporation**, the UK's leading independent executive communications consultancy.

The research reveals that two thirds of bosses believe that the ability to manage stress effectively is a very important skill for a successful business career. The research also found that the overwhelming majority (92%) of managers think that placing staff under a certain degree of pressure can be a positive factor in ensuring that targets and deadlines are met, and that a business is run efficiently.

Professor **Khalid Aziz**, Chairman of The Aziz Corporation, which conducted the survey as part of the eighth annual Aziz Management Communications Index, comments:

“Although stress has become a buzzword and is often used to account for all kinds of ailments and conditions, it is interesting that such a high proportion of management believe that some degree of stress can be positive. The key is to manage stress effectively, so that instead of spiralling out of control, the pressures of the workplace can be harnessed and put to positive effect.

“Whilst very high levels of stress can be damaging, both to employees' health and to the company in the long-run, a certain amount of pressure can be useful. In fact, employees under some degree of pressure are more likely to demonstrate the motivation, ambition and productivity that their bored counterparts fail to muster.”

The research reveals that over half (58%) of managers believe that the general level of stress amongst the people working in their organisation is about right. However, there is also a widespread concern that stress is set to become the ‘new backache’ – a vague and difficult-to-prove excuse for absenteeism. 79% of managers believe that employees use stress as an excuse for absence from work, whilst 87% think that businesses will face an increasing number of stress-related compensation claims over the next five years.

Khalid Aziz comments:

“Employers have a right to be concerned that stress has become the new backache. It is therefore vital that they lead by example, and understand the relationship between pressure and performance. By recognising and gaining control over the sources and symptoms of pressure, both in themselves and others, managers can turn ‘unhelpful stress’ into a positive force for the company as a whole.”

The survey also found that while a third (34%) of managers deal with stress by having a drink or two after work, the most common means of coping with work-related stress is to exercise and keep fit (65%), followed by eating healthily (63%) and getting a good night's sleep (59%).

- Ends -

Professor **Khalid Aziz** of The Aziz Corporation is available for interview on this story. If you would be interested in speaking with Khalid then please visit our Contact us page.

Notes to Editors

The Aziz Corporation

The Aziz Corporation is the UK's leading independent executive communications consultancy. Its mission is to add value to businesses by ensuring their people are effective communicators. Consultancy services offered by the Aziz Corporation include presentation skills, media training, crisis management, image consultancy and voice development.

About the survey

This survey was completed by 200 senior managers and directors of major companies based across the United Kingdom.