

## **Three Out of Four Workers Report Burnout on the Job, CareerBuilder.com Survey Finds**

**-- Career Expert Offers Tips for Relieving Stress at the Office --**

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Workers are feeling frazzled in the office, according to a nationwide survey by CareerBuilder.com. More than half of workers said they work under a great deal of stress, and 77 percent said they feel burnout on the job. More than 2,500 workers participated in the study.

Workers most often blame colleagues for their office anxiety, with 16 percent citing difficult co-workers as their primary cause of stress at work. Other top workplace stressors included:

- Unrealistic workload (15 percent)
- Tight deadlines (11 percent)
- Last-minute projects (10 percent)
- Overbearing or interfering boss (9 percent)

"High-pressure work environments are taking their toll on workers' morale," said Rosemary Haefner, Vice President of Human Resources for CareerBuilder.com. "Twenty-three percent of workers say they frequently or constantly feel burnout at work. This can be detrimental to both workers, whose health and career progress may suffer, and employers, who pick up the tab in higher insurance costs and lost productivity."

Haefner offers these tips to help limit workplace stress:

- Organize and prioritize. Tackle the more difficult and important tasks first each day to ensure you have time to complete them. Before you leave work, take a few minutes to clean up your workspace and create the next day's to-do list.
- Manage expectations. Set reasonable short-term and long-term goals for yourself. When promising work to others, underpromise and overdeliver to prevent deadline crunches.
- Put down the "Crackberry." Set aside a certain period each day devoted to returning e-mails and voicemail messages. That way, you won't be constantly interrupted.
- Don't neglect your health. Getting plenty of sleep, drinking water, eating nutritiously and getting exercise will help you feel in control and do wonders for your mood.

### Survey Methodology

The new CareerBuilder.com survey, "Office Stress," was conducted from February 21 to March 6, 2006. Methodology used to collect survey responses totaling more than 2,500 workers for this study involved selecting a random sample of comScore Networks panel members. These Web Panel members were approached via an e-mail invitation, which asked them to participate in a short online survey. The results of this survey are statistically accurate to within +/- 1.96 percentage points (19 times out of 20).

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