

**GLOBAL BUSINESS AND ECONOMIC ROUNDTABLE ON  
ADDICTION AND MENTAL HEALTH**

*An Affiliate of the Centre for Addiction and Mental Health*

**Resident at GPC International**

**200 KING STREET WEST\* SUITE 1702\*Box 21\*TORONTO\*ONTARIO\*CANADA\*M5H 3T4**

**Phone: 416 598-0055 \* Fax: 416 598-3811 \* Email: [bill.wilkerson@gpcinternational.com](mailto:bill.wilkerson@gpcinternational.com)**

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*Bill Wilkerson, President and Co-Founder*

*Donna Montgomery, Administrator*

## **TOP 10 SOURCES OF WORKPLACE STRESS**

10. The treadmill syndrome. Too much to do at once, requiring the 24-hour workday.
9. Random interruptions.
8. Doubt. Employees aren't sure what is happening, where things are headed.
7. Mistrust. Vicious office politics disrupt positive behaviour.
6. Unclear company direction and policies.
5. Career and job ambiguity. Things happen without the employee knowing why.
4. Inconsistent performance management processes. Employees get raises but no reviews or get positive evaluation, but are laid off afterward.
3. Being unappreciated.
2. Lack of two-way communication up and down.
1. Too much or too little to do. The feeling of not contributing and having a lack of control.