



Stress Policy Statement

Lostwithiel Town Council

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Life and work have become much busier in recent times. There seems to be too much to do and too little time to do it in. As a consequence, more employees are experiencing stress at work.

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Stress at work can come about for a variety of reasons. It may be excessive workload, unreasonable expectations, or overly-demanding work colleagues. As a reasonable Council, we try to ensure that you are in a pleasant working environment and that you are as free from stress as possible.

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If you experience unreasonable stress which you think may be caused by work you should raise your concerns through the Council's grievance procedure.