

# **Psychological Demands: Why it's Important**

**Presence**

**Absence**



**Reduces physical health complaints**

**Results in job strain**

**Helps to effectively solve challenging problems**

**Increases emotional distress**

**Enhances self-esteem and a positive self-concept**

**Increases overthinking, defensiveness, fatigue and grief**

**Enhances performance, job satisfaction and retention**

**Reduces the applicant pool, lack of worker enjoyment and engagement**

**Helps to alleviate depression**

**Increases interpersonal conflict and turnover**

**WorkSafe**<sup>TM</sup>

S A S K A T C H E W A N

*Work to live.*

#MyWorkplaceHealthMatters