

STRESS LEVELS IN THE UK

STUDENT NUMBER: **2025546**

NAME: **RICARDO ALEXANDRE**

ASSIGNMENT TITLE: **PROBLEM SOLVING AND DECISION MAKING**

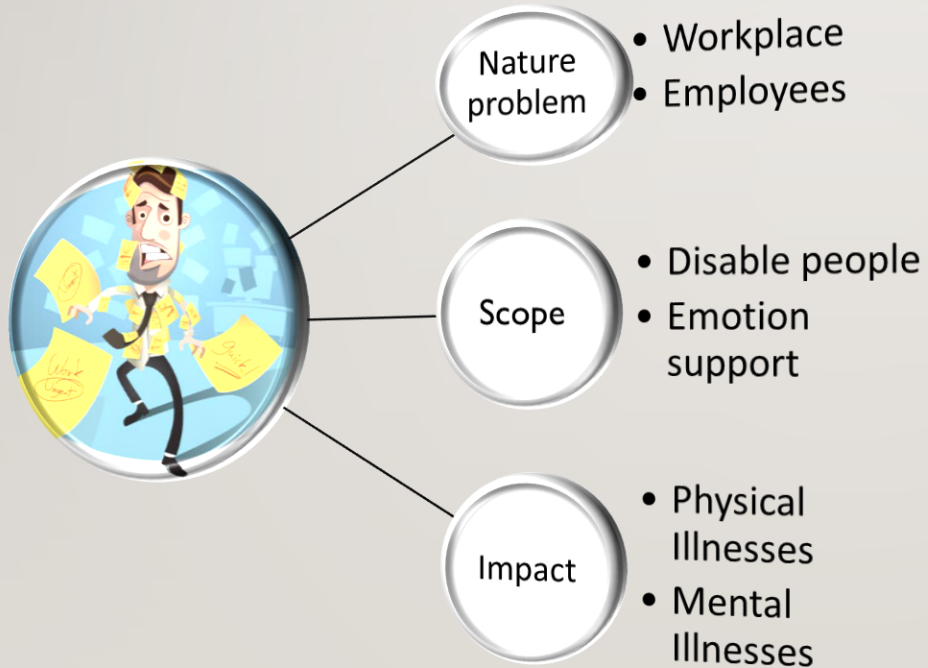
MODEL CODE: **BMSW4004**

LECTURER: **YOHAN MENDIS**



INTRODUCTION

WORK RELATED STRESS



- Connect with stress:
- Dirty place to work or unconditional
- Bad management
- Low paid
- Longer hours
- Hypertension
- Disease
- Phobias
- Depression

PESTLE ANALYSIS



Political

Policy of the government; Stability; Corruption; Policy trade related; Taxation policies; Labor regulations; Trade restraints.

Economic

- Economic in the local currency;
- The local economic climate in various markets.

Social

- Changes work patterns and families;
- Changing community lifestyles.

Technological

- Emergence of technologies;
- Biotechnology innovation.

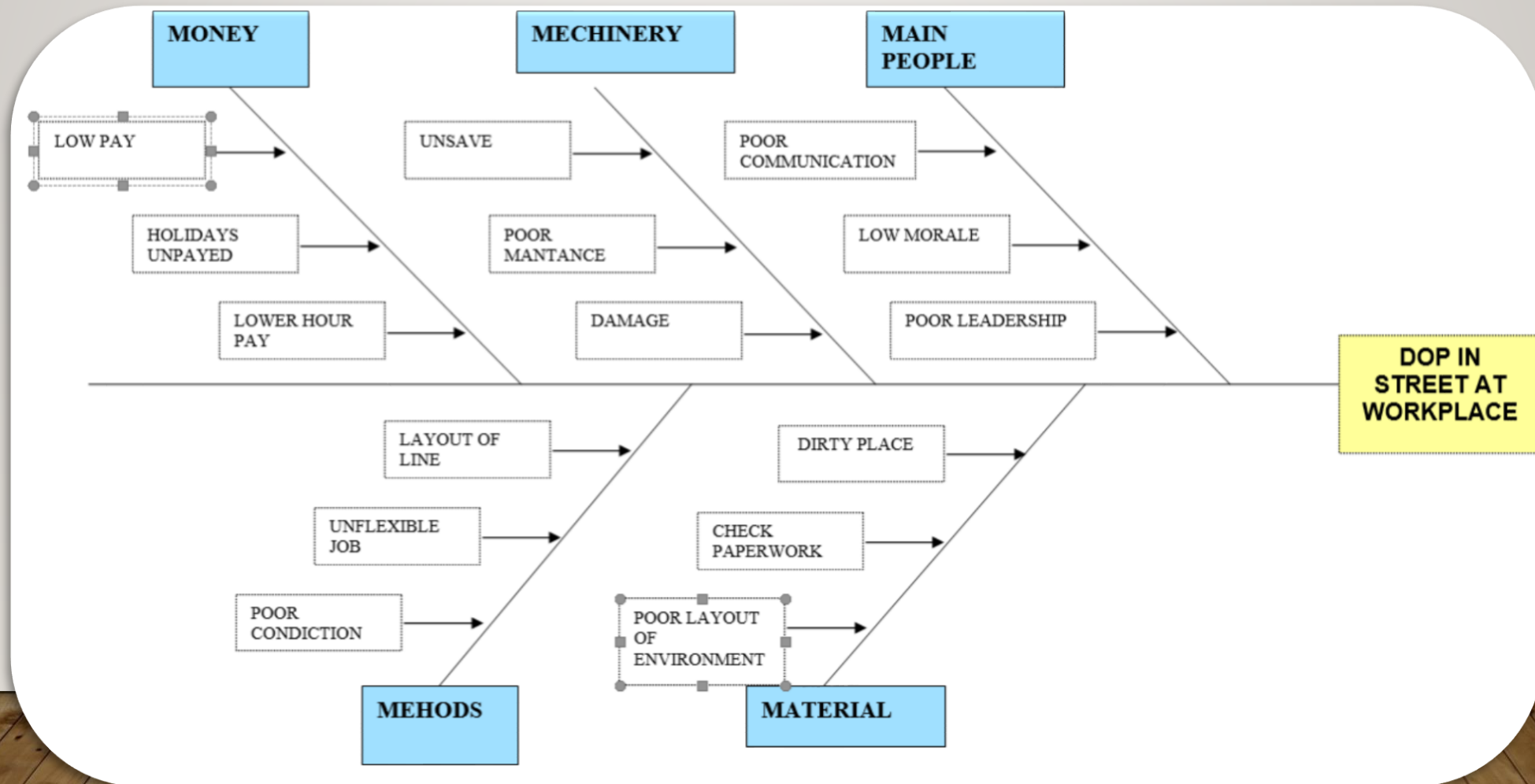
Legal

- Implement greater customs and trade regulations;
- Licensing rules related to the business

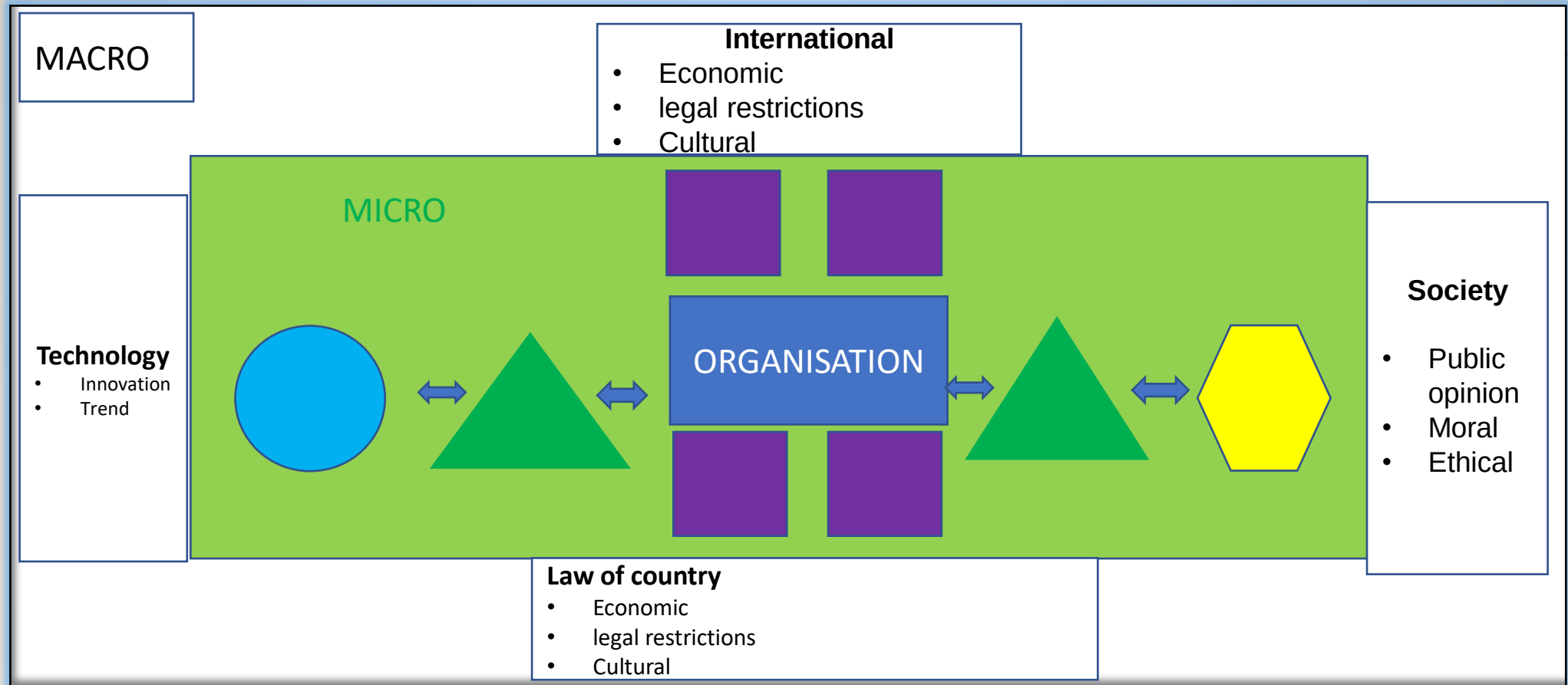
Environmental

- Laws and Regulations;
- Natural disasters in countries.

CAUSE AND EFFECT ANALYSIS (FISHBONE ANALYSIS)



ENVIRONMENT FACTORS AFFECTING A BUSINESS



KEY

Suppliers

Agents

Competitors

Costumers

SOLUTION I - GOVERNMENT SUPPORT

Plus	minus	Interesting/ Implication
Online support available on money (+5)	Losing power of buy(-3)	New business (-4)/ new opportunity (+5)
Benefit money (+5)	Paying tax (-4)	Income(+2)/outcome(-3)
Work from home new rules (+5)	Restriction(-4)	Over charge(-3)/low profit(+2)
Free services(+5)	C(-5)	strong recovery(-4)/ contamination (+5)
Business rates relief(+4)	Lower tax(-5)	Low cost (+2)/economic situation(-3)
Total=24	-21	-1
Grand total=2		

SOLUTION 2 - LAYOUT OF ENVIRONMENT

Plus	minus	Interesting/ Implication
Layout of recycle bin(+4)	Drop waste on river(-5)	Collect on time(+3)/ mixed product(-5)
Laws (+5)	Tax of waste products (-4)	Profit (+2)/ everyone(-3)
Regulations(+3)	Restriction(-3)	rules(+1)/ business(-1)
Weather(+2)	Uncontrol (-5)	Control +3)/warnings (-4)
Climate(+5)	Hight temperature(-5)	Control de pollution (+5)/ change of our life(-5)
Total=24	-22	-4
Grand total=-4		

SOLUTION 2 - SMART TECHNOLOGY

Plus	minus	Interesting/ Implication
Internet(+5)	corruption(-5)	Social media(+4)/fake news(-3)
website(+3)	Advertise (-4)	Newspaper (+3)/ quantity (-2)
Laptop(+4)	Charger(-3)	Quickly (+3)/ Energy(-5)
smartphone(+5)	Costly(-5)	Quality(+5)/ size(-5)
Video camera 5G(+5)	Battery(-5)	Megapixels(+4)/ battery going off faster (-5)
Total=22	-22	-1
Grand total=-1		

GRID ANALYSIS

STRESS LEVEL IN THE UK

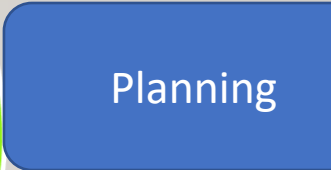
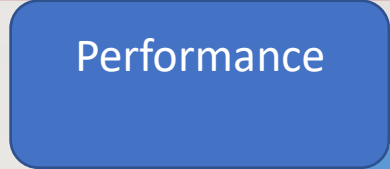
Stress Level	Costly	Heathy Care	Service	Food	job	Total
Weight	4	5	1	3	2	
Government Support	5	4	3	5	4	66
Layout of Environment	4	2	3	4	5	51
Smart Technology	5	1	4	3	5	48

IMPLEMENTATION

STRESS LEVEL IN THE UK BY GOVERNMENT SUPPORT

PROJECT: CEO

Project a stress management office plan	Practical	Emotional	Financial	Psychological
Training 3 months	Started 01/03/2021	Anxiety depression	Low profit from bonus and overtime	Avoid the stressor
Target	Worked from house get work done	Triggers off	Save money on trip	Get motivated and great solution
Member name	Peter			
Finished training	01/9/2021	Stronger communication and fear	stability	Strong relation with staff a no conflict
Pass/fail	Pass			
Department	HR			



Show on screw

SUMMARY AND CONCLUSION

International and national legislation (including GDPR)

MICRO - SMALL GROUP- HAS A DEGREE OF CONTROL

MACRO -BIG ORGANISATION- NO CONTROL

NHS – GPs, hospitals and clinical

INDIVIDUAL PERSON - overwhelming to you, seek professional help.

CUSTOMERS, SUPPLIERS

CONTROL OF QUALITY

HEALTHY & SAFETY

EMPLOYEES –the works must have Job security and equality

EMPLOYER- Identify, Plan, Action, change

Solve the problem – Staff engagement, KPI's

Final – good support for all population on basic, stable, and static

THE END

-
- Thank you