Job Insecurity Stress – Jobs are temporary. No one remains in the same job for years. In today's world, it's not a big deal to find yourself a new job. With start-up budding up now and then, the job market is offering new opportunities to the youth now and then. Thus job security is not a major issue. But still, if you are facing job insecurity stress here are 5 ways to tackle it down. It might be a case that you are sensing danger because your company is laying off employees or is not doing so well in the industrial scenario. Or it may be a case that you are too nervous or panic the loss of...

Work deadlines: It is something which a working professional needs to cope up with at any stage of life. It's a tough day and you're loaded with tough work. Earlier this week, unemployment insurance claims in the US soared past three million, a record-breaking number which far surpasses previous highs. To put it in context, this figure shatters the Great Recession crest of 665,000 of March 2009 and the previous record high of 695,000 in 1982, when the US Federal Reserve tried to tame inflation through its monetary policy.

Processing a loss. Losing any job can be emotionally wracking, but to do so in our current environment of heightened uncertainty can add additional stressors into the mix. “How we all deal with stress is being intensified by this particular situation,” says Adam Benson, a New York-based psychologist in private practice for 20 years. "Some people are going into control mode and trying to control everything. ...