

# Everything under control?

Stress leads to accidents, adversely affects your health and depletes your well-being.



Find out more at  
[suva.ch/stress](https://suva.ch/stress)



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## Stress causes accidents

Time pressure, distraction, multitasking or tiredness lead to stress and increase the risk of an accident occurring.

- The risk of an accident is tripled by time pressure and doubled by tiredness.
- Multitasking reduces your concentration when it comes to safe behaviour.
- Distracted driving causes 60 per cent of all car accidents.

## Resources to counter stress

Everyone has access to resources. Resources help us successfully manage stress in many difficult situations. These resources include physical fitness, social support, a sense of self-worth and optimism. Using these resources helps you to improve your health and reduce the risk of having an accident.

## Strengthening your personal resources

Everyone is unique, and so we all have access to different resources. Find out which personal resources help you in stressful situations. Foster these and enjoy using them, both at work and during leisure time.

## We are here to support you

Book your “Resources and stress – Workshop for employees” prevention module now and discover preventative approaches to dealing with stress:

