

Study: Being stressed at work is the norm

By Patricia Sabatini, Pittsburgh Post-Gazette

Feeling frazzled at work? So is your annoying co-worker.

A recent survey conducted by Harris Interactive for Everest College found 80 percent of Americans feel stressed by at least one thing on the job.

Workers in the Northeast were the most in need of a chill pill, with 86 percent feeling stressed compared with a low of 75 percent in the West.

Overall, long commutes and low pay tied as the No. 1 workplace stressors, closely followed by unreasonable workloads. Annoying coworkers ranked third.

Next came poor work-life balance, working in a job that is not a chosen career, lack of advancement and fear of being fired or laid off.

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