Is your boss making you sick?

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The Washington Post:

Having a bad boss can make your work life a misery, but it can also make you sick, both physically and mentally, researchers say.

"The evidence is clear that the leadership qualities of 'bad' bosses over time exert a heavy toll on employees' health," says Jonathan D. Quick, an instructor in medicine at Harvard Medical School and a co-author of the book "Preventive Stress Management in Organizations." "The evidence is also clear that despite the rationalizations some leaders may use to defend their stress-inducing, unsupportive style, such behavior by leaders does not contribute to improved individual performance or organizational productivity."

Research has linked having a lousy boss to an increased risk of heart attack, Quick said. Chronic stress that can result when someone must deal daily with a bad boss has been linked to high blood pressure, sleep problems and anxiety and is also associated with several unhealthy behaviors such as smoking, excessive use of alcohol and overeating.

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