

No Time to Be Nice at Work

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The New York Times:

MEAN bosses could have killed my father. I vividly recall walking into a hospital room outside of Cleveland to see my strong, athletic dad lying with electrodes strapped to his bare chest. What put him there? I believe it was work-related stress. For years he endured two uncivil bosses.

Rudeness and bad behavior have all grown over the last decades, particularly at work. For nearly 20 years I've been studying, consulting and collaborating with organizations around the world to learn more about the costs of this incivility. How we treat one another at work matters. Insensitive interactions have a way of whittling away at people's health, performance and souls.

Robert M. Sapolsky, a Stanford professor and the author of "Why Zebras Don't Get Ulcers," argues that when people experience intermittent stressors like incivility for too long or too often, their immune systems pay the price. We also may experience major health problems, including cardiovascular disease, cancer, diabetes and ulcers.

Read the whole story: [The New York Times](#)