

The main topic of my thesis is the stress that people experience when leaving their job. The main source of information is knowledge in the field of psychology, sociology and human resources management. Emphasis is placed on how the individuality of each person influences the different perception and experience of this situation.

The content of the work is divided into two main parts. The first part deals with the theory of stress from the general point of view. The second part then focuses on the general description of the main reasons for leaving of the employees and the consequences that result from that. An important part of the work are suggested tools that are designed to mitigate the impact of the stress situation, which may the employer or the surroundings offer to the leaving staff member.