

## **SUMMARY**

The thesis deals with load, stress and related questions of the working life. Work-related stress brings numerous difficulties not only to affected individuals, but as a result also to organizations. The thesis follows symptoms, impacts, somatic and mental aspects of stress, its types and also types of stressors, which cause this problem. It is concentrated on workload as a specific area of work-related stress, individual resistance to the load, factors of workload and work-related stress and also on coping with problematic situations. The specific topic related to the stress is burnout syndrome. The thesis describes its formation and development, its causes, symptoms in three main levels – mental, physical and level of social relations and then influence of important factors such as personality and work conditions. It is also focused on professions endangered by burnout syndrome and its prevention.

### **Key words:**

Stress, work-related stress, load, workload, stressors, work conditions, coping, stress management, burnout syndrome.