

《上海办公室一族怎样应对工作压力？》

????????????

In 2013, the China Youth Daily newspaper reported that each year 600,000 Chinese die from work-related stress and its effects. Shi Wenjing reports from Shanghai on how white-collar workers there are coping with the stress.

I'm now standing at one of the office buildings at the city's financial center. Many famous corporations are located in this concrete jungle. Hundreds and thousands of employees come to work here every day, but are they aware of their own labor rights?

Under Chinese law, standard working hours are 40 hours per week. Overtime is limited to another 36 hours per month. But legal protections alone are not enough to ensure workers' mental safety.

"Overwork is not an isolated problem. It is closely tied to the entire society. China is developing at a fast pace. Most young people and middle-aged workers are facing pressure from their family and their work," Professor Lu Xiaowen with Shanghai Academy Of Social Sciences said.

As societal pressures increase the burden on workers, experts say the key is to not only limit work hours but also create balance in and outside of the workplace.