Tips for Dealing With Workplace Bullying



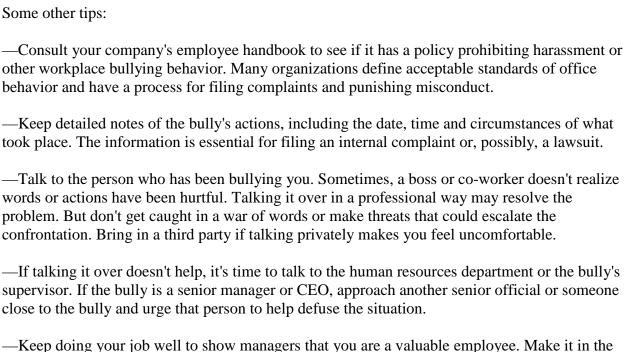
By The Associated Press March 1, 2013 (AP)

More than a third of U.S. workers have experienced workplace bullying, the repeated mistreatment by a boss or co-workers, which includes verbal abuse, threatening conduct, intimidation, harassment or social exclusion, according to the Workplace Bullying Institute. Targets of on-the-job bullying often suffer increased fear, anxiety, helplessness or anger.

Many victims of workplace bullying never report the incidents because they fear retaliation or lack confidence that their employer will address to the problem. Human resource experts say it's important to speak up and resolve the issue before it results in physical or mental harm.

company's interest to keep you happy.

time to part ways with your employer.



—If you've worked through channels inside the office and there's still no resolution, it may be