## Managing and Reducing Stress Stats and Facts



## **FACTS**

- 1. Workplace stressors are classified as physical and psychosocial.
- 2. Psychosocial stressors are, arguably, the most predominant stress factors. These include high job demands, inflexible working hours, poor job control, poor work design and structure, bullying, harassments.
- 3. Workplace stress not only affects the worker, it also has adverse effects on company performance well.
- 4. Stress leads to elevated blood pressure and anxiety, which increase the risk of coronary heart disease, substance abuse, and anxiety disorders.
- 5. Studies have shown that workplace stress is a strong risk factor for preludes to cardiovascular disease (obesity, high blood cholesterol, high blood pressure) and of adverse cardiovascular events, such as heart attack and stroke.
- 6. Other physical health problems linked to workplace stress include immune deficiency disorders, musculoskeletal disorders including chronic back pain, and gastrointestinal disorders.
- 7. Stressed workers are more likely to engage in unhealthy behaviors, such as cigarette smoking, alcohol and drug abuse.
- 8. Workplace stress reduces employee productivity, increases absenteeism and presenteeism, increases the number of days taken off work for doctor visits, and increases healthcare costs incurred by employers.

## **STATS**

- 83% of US workers suffer from work-related stress.
- US businesses lose up to \$300 billion yearly as a result of workplace stress.
- Stress causes around one million workers to miss work every day.
- Only 43% of US employees think their employers care about their work-life balance.
- Depression leads to \$51 billion in costs due to absenteeism and \$26 billion in treatment costs.
- Work-related stress causes 120,000 deaths and results in \$190 billion in healthcare costs yearly.
- 40% of workers reported their job was very or extremely stressful.
- 25% view their jobs as the number one stressor in their lives.