Two Types of Workplace Stress Stats and Facts



FACTS

Facts About Stress

- 1. Frequent stress decreases your immune system.
- 2. Stress may affect your libido.
- 3. Chronic stress can cause substance abuse.
- 4. Stress increases your risk for type 2 diabetes.
- 5. Ulcers may get worse.
- 6. Weight gain from chronic stress is possible.
- 7. High blood pressure develops from chronic stress.
- 8. Stress is bad for your heart.
- 9. Past experiences can cause stress later in life.
- 10. Your genes can dictate the way you handle stress.
- 11. Poor nutrition can make your stress worse.
- 12. A lack of exercise is stress-inducing.
- 13. Relationships play a key role in your daily stress levels.
- 14. Knowing how to manage stress can benefit your entire life.

STATS

- 40% of workers reported their job was very or extremely stressful.
- 25% view their jobs as the number one stressor in their lives.
- 75% of employees believe that workers have more on-the-job stress than a generation ago.
- 29% of workers felt quite a bit or extremely stressed at work.
- 26% of workers said they were "often or very often burned out or stressed by their work.
- Job stress is more strongly associated with health complaints than financial or family problems.
- 80% of workers feel stress on the job, nearly half say they need help in learning how to manage stress.
- 25% have felt like screaming or shouting because of job stress.
- 14% of respondents had felt like striking a coworker in the past year, but didn't
- 83% of US workers suffer from work-related stress.
- Stress causes around one million workers to miss work every day.