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.