

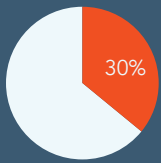
# Stress & Productivity

## What the Numbers Say



**Definition of Stress:** A state of mental tension and worry caused by problems in your life, work, etc.

**Definition of Productivity:** The rate at which goods are produced or work is completed.

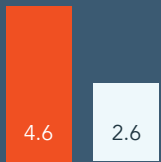


30% OF U.S. EMPLOYEES HAVE HIGH LEVELS OF WORKPLACE STRESS.

1M

1M WORKERS ARE ABSENT EVERY DAY DUE TO STRESS.

THE PRICE TAG FOR STRESS IS IN THE U.S. IS OVER \$300 BILLION ANNUALLY.



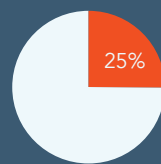
STRESSED EMPLOYEES TAKE 4.6 SICK DAYS PER YEAR COMPARED TO 2.6 WITH LOW STRESS.

THE MAIN FACTORS FOR STRESS ARE DEPRESSION OR ANXIETY.



100 MILLION WORKDAYS ARE LOST DUE TO STRESS.

STRESS CAUSES LOSS OF CONCENTRATION, MOTIVATION AND MEMORY.



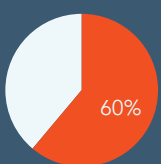
ONE IN FOUR VIEW THEIR JOB AS THEIR NUMBER ONE SOURCE OF STRESS.

10% OF PAYROLL BUDGETS GO TOWARDS DEALING WITH EMPLOYEE FINANCIAL STRESS.



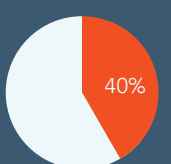
THREE-FOURTHS OF PEOPLE BELIEVE THERE IS MORE STRESS THAN A GENERATION AGO.

FINANCIAL STRESS CUTS PRODUCTIVITY BY 20 HOURS PER MONTH.



60% ARE SO UNHAPPY THEY WOULD CHOOSE A NEW CAREER.

STRESS RESULTS IN AN EMPLOYEE TURNOVER RATE OF 40%.



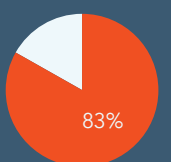
UNHAPPY WORKERS ARE 10% LESS PRODUCTIVE.

STRESS RESULTS IN 60-80% OF WORKPLACE ACCIDENTS.



1 IN 5 PEOPLE QUIT BECAUSE OF JOB STRESS.

83% OF AMERICANS ARE STRESSED BY AT LEAST ONE THING AT WORK.



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NORTHWESTERN NATIONAL LIFE VIA CENTERS FOR DISEASE CONTROL AND PREVENTION  
PRINCETON SURVEY RESEARCH ASSOCIATES VIA CENTERS FOR DISEASE CONTROL AND PREVENTION

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