

# STRESS AWARENESS MONTH

April 2021



## THE IMPACT OF WORKPLACE STRESS

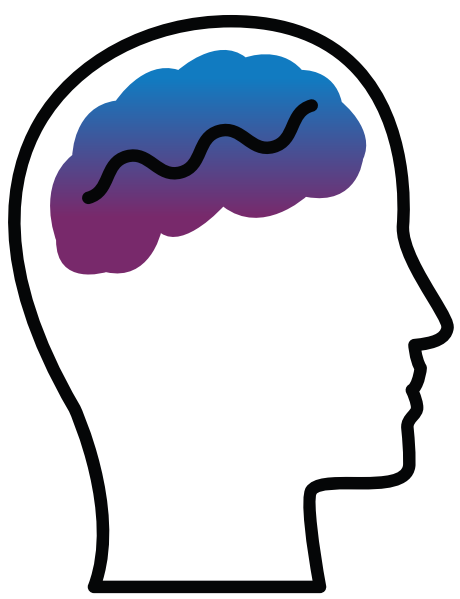
A 2020 study by ORACLE and Workplace Intelligence uncovered concerning statistics. Out of the 12,000 participants:

**78%** **76%** **85%**

Admit the pandemic has negatively affected their health.

Believe their company should be doing more to protect the mental health of their workforce.

Say their mental health issues are causing sleep deprivation, poor physical health, reduced happiness at home, suffering family relationships or isolation from friends.



## THE RESULT?



**1 in 4**  
Say their productivity has plummeted



**1 in 10**  
Say they make poor decisions at work



**Almost 9 in 10**  
Say work-related stress, anxiety, and depression effects their home life

## FACTS

**828,000**

Workers suffering from work-related stress, depression or anxiety (new or longstanding) in 2019/20

*Labour Force Survey (LFS)*

**17.9 million**

Working days lost due to work-related stress, depression or anxiety in 2019/20

*Labour Force Survey (LFS)*

In 2019/20 stress, depression or anxiety accounted for **51%** of all work-related ill health cases and **55%** of all working days lost due to work-related ill health.

*Labour Force Survey (LFS)*

Since 2003, **International Wellbeing Insights** has been the driving force for workplace wellbeing, supporting organisations in building a happier healthier and more productive workforce.

Get in touch now to discuss how we can guide you in building the resilience your people need to navigate these challenging times.