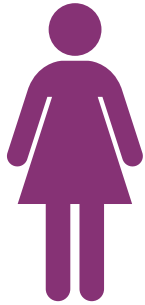


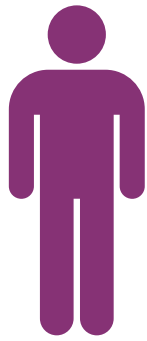
WORKPLACE STRESS STATISTICS IN THE UK

International Stress Awareness Week
1st to 5th November 2021



WOMEN EXPERIENCE STRESS MORE FREQUENTLY THAN MEN.

On average, women in the UK say they feel stressed approximately ten days each month, whereas men say they experience stress for an average of seven days a month



ONE IN 14 UK ADULTS (7%) FEEL STRESSED EVERY SINGLE DAY



IN 2020, 79% COMMONLY EXPERIENCE WORK-RELATED STRESS. THIS IS 20% HIGHER THAN 2018'S FINDINGS



THE MOST COMMON CAUSE OF WORK-RELATED STRESS ARE:

WORK-RELATED OFFICE POLITICS 37%
LACK OF INTERDEPARTMENTAL COMMUNICATIONS 34%
THE WORK PERFORMANCE OF OTHERS 33%



OTHER CAUSES OF STRESS
FINANCIAL STRESS 60%
FAMILY STRESS 48%

SOURCE: [HTTPS://WWW.PERKBOX.COM/UK/RESOURCES/LIBRARY/2020-WORKPLACE-STRESS-SURVEY](https://www.perkbox.com/uk/resources/library/2020-workplace-stress-survey)



Stress Management Society
from distress to de-stress



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