



NATIONAL STRESS AWARENESS DAY
2 NOVEMBER
INTERNATIONAL STRESS AWARENESS WEEK
7 - 11 NOVEMBER

WORKPLACE STRESS

EMPLOYEE STRESS STATISTICS

The Workplace Health Report (2022) revealed an up-to-date view of the impact and prevalence of stress on UK employees.

The results revealed three key employee stress statistics:

33%

of employees report moderate-to-high or high levels of stress

28%

report that high levels of stress impact productivity

78%

reported "Workload" as a top cause of work-related stress



THE RESULT!

The Great Resignation

Research by Microsoft shows that over 40% of employees are likely to leave their current job in the next three years, and that the pandemic has made employees reevaluate their priorities, with work now about much more than just salary.

DATA SHOWS

13.7 million

working days are lost each year in the UK because of work-related stress, anxiety and depression, costing £28.3 billion yearly (NICE)

60%

of 18-24 year olds and 41% of 25-34 year olds feel pressured to succeed, versus just 17% of 45-54 year olds and 6% of over 55s (Mental Health Foundation and YouGov)

23%

of adults say that work causes them stress (CIPHR)

THE MAIN CAUSES OF WORK-RELATED STRESS

- Workloads/volume of work.
- Non-work factors - relationship or family issues.
- Management style.
- Non-work factors – personal illness or health issues.
- COVID-related anxiety, for example fear of contagion in the workplace/commute.
- New work-related demands or challenges due to homeworking as a result of COVID-19.
- Poor work-life balance due to homeworking as a result of COVID-19.

(CIPD 2021)

The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce the impact of stress and poor mental health. Since our inception in 2003, our dream has been to create a happier, healthier, more resilient world. Visit www.stress.org.uk and www.wellbeing.work or contact us at info@stress.org.uk for more information and support.