

5 REASONS TO ADDRESS WORK STRESS



FOR EMPLOYERS

LOWERS PRODUCTIVITY

Long work hours (55+/week) are counterproductive. Productivity declines as overtime hours increase. ([Ind Health](#))



INCREASES BURNOUT

In a 2021 survey, 32% felt burned out. ([APA](#))



INCREASES SICKNESS ABSENCE

Stress accounts for 40% of sickness absence at work, costing an est. \$228 per employee per year. ([EU-OSHA](#))



HIGHER TURNOVER

About 20% of staff turnover can be related to stress at work. ([EU-OSHA](#))



HEALTH CARE COSTS

Healthcare expenditures are 50% greater for workers with high levels of stress. ([J Occ Env Med](#))



Learn more at healthywork.org - [Business Costs](#)

HEALTHY WORK - HEALTHY PEOPLE