

# STRESS AWARENESS MONTH

## REGAIN

CONNECTION • CERTAINTY • CONTROL

April 2021



## THE IMPACT OF WORKPLACE STRESS

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

**78%**

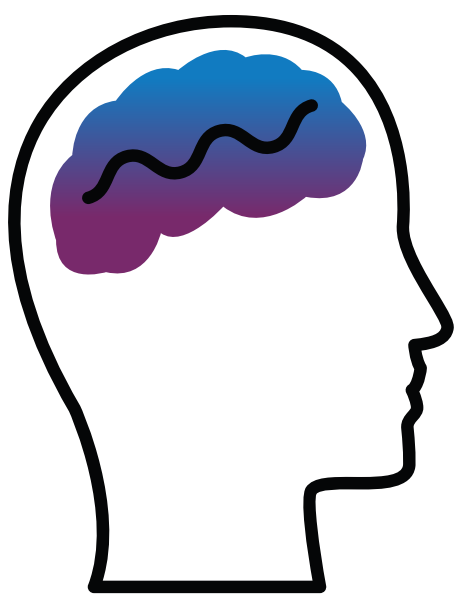
Admit the pandemic has negatively affected their health.

**76%**

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

**85%**

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

## DATA SHOWS

**37%**

Of HR professionals witnessed an increase in stress-related absence over the past year.

**89%**

Of HR professionals have observed 'presenteeism' (people working when unwell) in their organisation over the last 12 months and a quarter (27%) say it has increased.

## THE MAIN CAUSES OF WORK-RELATED STRESS

- Workload/volume of work
- Management style
- Non-work factors - family and relationship issues
- Relationships at work
- Non-work factors - Personal illness or health issues
- Pressure to meet targets or deadlines

CIPD (2020)

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/stressawarenessmonth](http://www.stress.org.uk/stressawarenessmonth) for more information and support.



International Wellbeing Insights  
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Stress Management Society  
from distress to de-stress