Two Types of Workplace Stress Stats and Facts



FACTS

Facts About Stress

1. Frequent stress decreases your immune system.
2. Stress may affect your libido.
3. Chronic stress can cause substance abuse.
4. Stress increases your risk for type 2 diabetes.
5. Ulcers may get worse.
6. Weight gain from chronic stress is possible.
7. High blood pressure develops from chronic stress.
8. Stress is bad for your heart.
9. Past experiences can cause stress later in life.
10. Your genes can dictate the way you handle stress.
11. Poor nutrition can make your stress worse.
12. A lack of exercise is stress-inducing.
13. Relationships play a key role in your daily stress levels.
14. Knowing how to manage stress can benefit your entire life.

STATS

- 40% of workers reported their job was very or extremely stressful.
- 25% view their jobs as the number one stressor in their lives.
- 75% of employees believe that workers have more on-the-job stress than a generation ago.
- 29% of workers felt quite a bit or extremely stressed at work.
- 26% of workers said they were “often or very often burned out or stressed by their work.
- Job stress is more strongly associated with health complaints than financial or family problems.
- 80% of workers feel stress on the job, nearly half say they need help in learning how to manage stress.
- 25% have felt like screaming or shouting because of job stress.
- 14% of respondents had felt like striking a coworker in the past year, but didn’t

- 83% of US workers suffer from work-related stress.
- Stress causes around one million workers to miss work every day.