

STRESS

Doesn't just have a personal cost



It is now the UK's most common single cause of long-term absence



COST OF STRESS TO UK BUSINESS

11.3 million

Working days lost in UK to stress, anxiety or depression in 2013/14



20%



Almost 1 in 5 of the UK working population are affected by stress

£3.7 billion

The estimated cost of all that stress to UK employers



SAVINGS TO BUSINESS

Business receives a 200% return on every £1 invested in staff and wellbeing on improved efficiency & productivity



200%

CAUSES OF WORK RELATED STRESS

The top 3 reasons cited by GPs between 2011-2013 were:

1. Pressure of workload
2. Interpersonal relationships
3. Changes at work



4 Business solutions to Work-Related Stress

Encourage a good work life balance



Encourage breaks and discourage eating at desks

Communicate & keep staff informed of changes which effect them



Train the workforce to create awareness and offer possible techniques and solutions



Sources: 11.3 million www.hse.gov.uk/statistics/causdis/stress/stress.pdf, 200% return to business http://www.hseni.gov.uk/guidance/topics/stress/what_is_mental_wellbeing.htm, Most common cause of absece <http://www.isma.org.uk/about-stress/facts-about-stress/>, 1 in 5 workers affected by stress (19%) <http://www.isma.org.uk/about-stress/facts-about-stress/>, £3.7 billion cost to business <http://www.hse.gov.uk/stress/pdfs/eurostress.pdf>

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