



UNDERSTANDING STRESS IN THE UK WORKPLACE

1 in 10 people report feeling stressed at work as often as once per week.



1/10

9%

Office politics and disputes at work caused by superiors and colleagues accounted for 9% of work related stress.



12.5 million working days are lost every year because of stress in the UK.

34%



of staff say their workplace does not support them with their wellbeing.

£12 Billion

Is the cost to the UK industry for absences related to stress.

7.6%

of sickness absence is attributed to stress depression and anxiety.



1 in 5 people report long hours resulted in stress



Stress is believed to trigger 70% of visits to doctors and 85% of serious illnesses.



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