

The impact of stress in *and* out of the office

Everyone deals with stress, and while talking about it can be therapeutic for the mind, how exactly does stress affect the body? And what are the effects of stress in the business world?

Check out the below numbers to learn more about the consequences of stress:

Physiological effects of stress and the human body

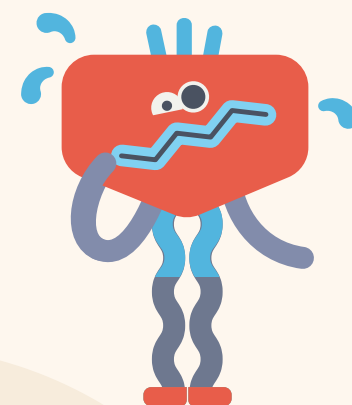
Increases in muscle tensions, headaches, panic, breathing difficulty, and serious heart issues ¹

Rises in depression, insomnia/sleep problems, and blood pressure plus a weaker immune system ²

Stronger likelihood of anxiety, restlessness, anger, emotional outbursts, substance abuse, and withdrawing socially ³

77%

of people regularly experience the physical symptoms of stress ⁴



How stress affects the workplace

Stress leads to strained relationships, inability to focus on work, and poor time management ⁵

Companies lose over **\$300 billion** annually to employee stress-related issues ⁶

In one survey, **33%** of people said they "always, often, or sometimes" miss work because of stress, and **53%** of them missed over six days of work per month ⁸

Organizational benefits and strategies for reducing stress

25% of workers say perks and benefits would boost their output ¹⁰

Across three years, **58%** more employees rated their stress levels as being the lowest after having wellness programs ¹¹

Another survey found that **49%** said wellness programs boosted productivity, with **46%** of employees becoming more engaged ¹²

80%

of workers who addressed their mental health issues reported greater productivity and job satisfaction ⁹

39%

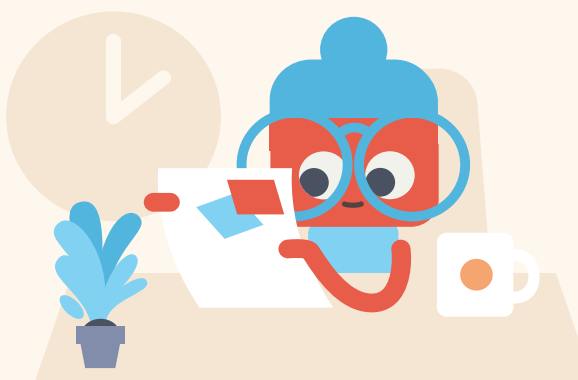
of private sector workers have access to wellness initiatives ¹³

Perhaps the most telling number is that just 39% of private sector workers even have access to wellness initiatives. Companies that have such programs will not only be more productive, but they can also leverage them to strengthen their competitive advantage.

Headspace for Work:

Designed for busy, modern lives, Headspace is mindfulness training made simple. Our award-winning app is proven to reduce stress and can help your team be healthier and happier in just 10 minutes a day. With market-leading customers and millions of happy users, Headspace is the right partner for your business.

Visit [Headspace.com/work](https://www.headspace.com/work) to learn more about how to reduce stress in your workplace and why doing so can lead to a stronger bottom line.



¹<http://www.apa.org/helpcenter/stress-body.aspx>

²<https://www.healthline.com/health/stress/effects-on-body#1>

³<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>

⁴<https://www.stress.org/daily-life/>

⁵<https://smallbusiness.chron.com/stress-affects-work-performance-18040.html>

⁶<https://www.stress.org/workplace-stress/>

⁷<https://www.compsych.com/press-room/press-article?nodeId=37b20f13-6b88-400e-9852-0f1028bd1ec1>

⁸<http://www.mentalhealthamerica.net/sites/default/files/Mind%20the%20Workplace%20-%20MHA%20Workplace%20Health%20Survey%202017%20FINAL.pdf>

⁹<http://workplacementalhealth.org/Making-The-Business-Case>

¹⁰<http://www.onrec.com/news/statistics-and-trends/97-million-workers-say-their-productivity-is-damaged-by-stress-and>

¹¹<https://www.canopyhealth.com/en/employers/articles/workplace-wellness-programs-may-decrease-employee-stress.html>

¹²<https://searchhrsoftware.techtarget.com/feature/Seven-creative-strategies-for-reducing-employee-stress>

¹³<https://www.bls.gov/opub/ted/2018/employee-access-to-wellness-programs-in-2017.htm>