PSYCHOLOGY SNAPSHOT:

\$300 BILLION

The amount workplace stress costs American businesses each year

440,000

The number of cases of work-related stress, depression or anxiety in 2014/15 in the UK

Stress is more prevalent in public service industries such as **education**, **health care** and **public administration**



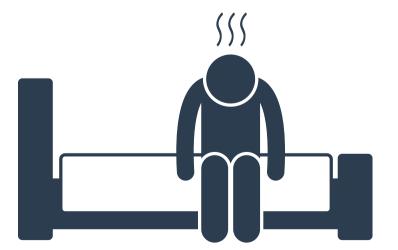
43%

Percentage of working days lost due to ill health in the UK workplace in 2014/15

In the UK, women have a higher rate of work-related stress than men

44%

Percentage of adults who claim their job affects their overall health



Sources: <u>Huffington Post, Health and Safety Executive,</u> <u>Harvard Gazette, Essential Skillz</u>

8 IN 10

Number of workers affected by workplace bullying in the UK



£100 BILLION

The amount that lost productivity and sick leave as a result of workplace stress costs the UK



3 MILLION

Number of work-related injuries in 2014 in the United States

48%

Percentage of the British workforce who said they were stressed most of the time and 47% cited performance as a key issue

MOST COMMON CAUSES OF WORK-RELATED STRESS IN THE UK:

80% - job insecurity

78% - workload

63% - bullying or harassment

68% - lack of support from colleagues or superiors

55% - lack of clarity on role

52% - limited opportunity to manage work patterns

