

Stressed at work? You're not alone

The big picture

In the US

\$300 bn
annual costs
to employers in
stress-related health
care and missed work

70%
of people
regularly experience
physical symptoms
caused by stress

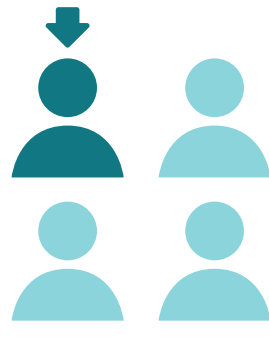


48%
feel their stress
has increased
the past five years

In the UK and Europe

70%
of workers find
their work
stressful

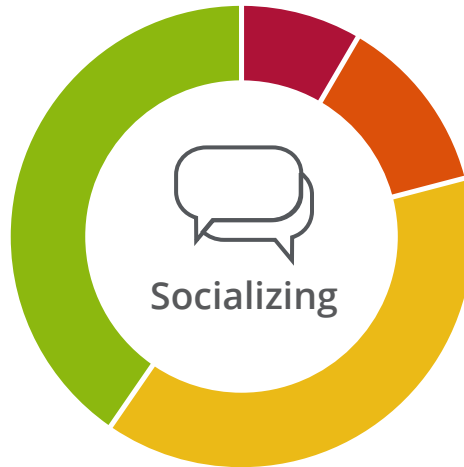
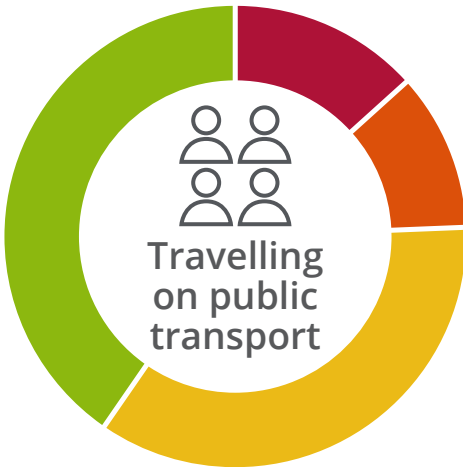
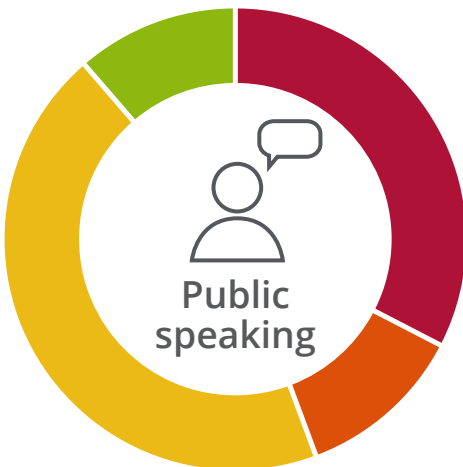
25%
of Europeans
risk health
problems due
to stress at work



4 in 10
workers think that stress
**is not handled
well** in their workspace

What causes you stress?

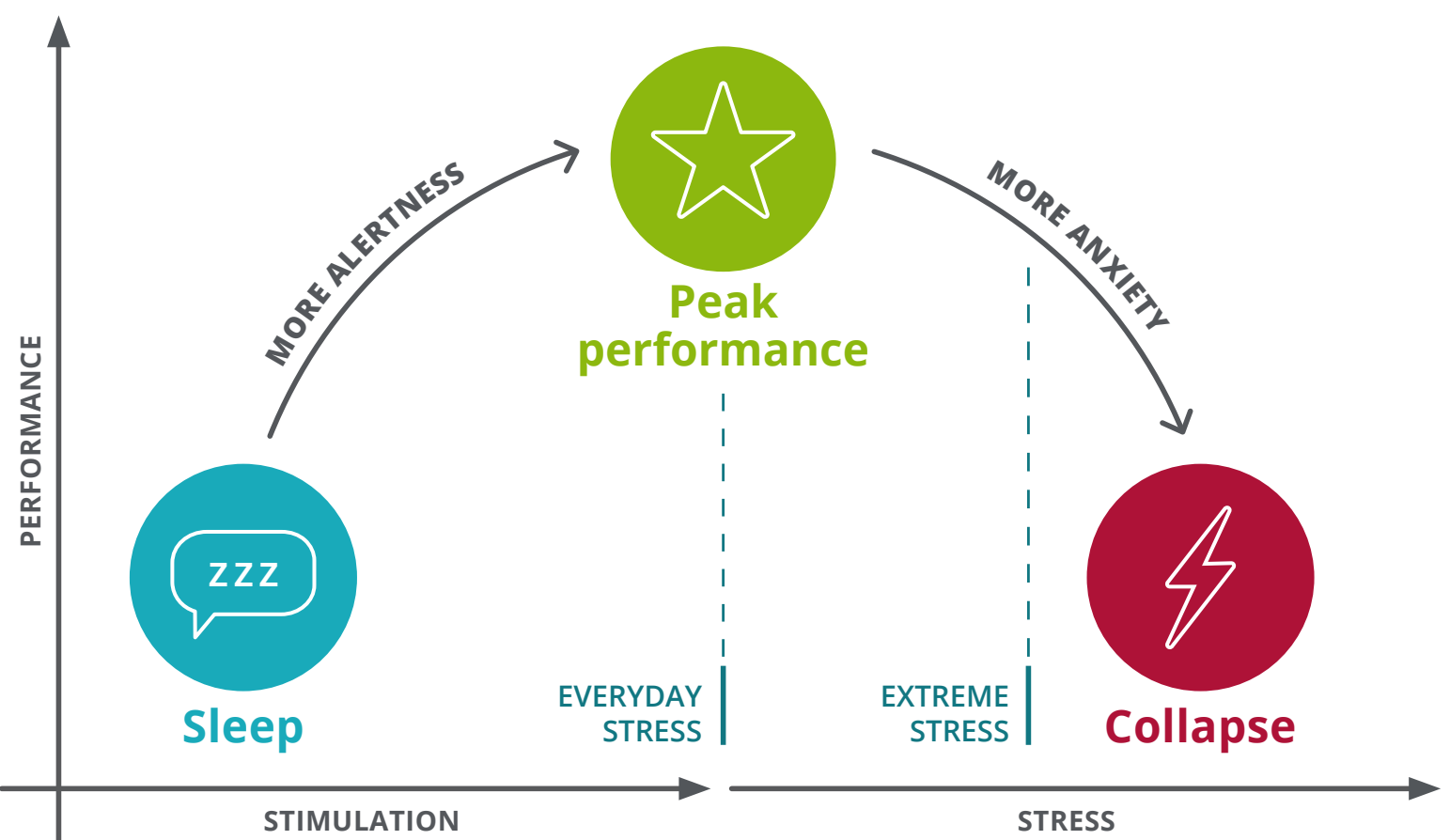
In a survey, we asked people **what makes them stressed:**



How stressful?

- Very
- Moderate
- Slightly
- Not at all

What happens as stress increases?



Which coping techniques work for you?

The key to handling stress is **you** - because stress is personal

Here are some of the most popular **stress management methods** from our survey:

49%

Browse the web



66%

Watch TV



38%

Listen to music



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Visit the website for more on stress and other research areas
www.themyersbriggs.com

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Sources: www.hse.gov.uk/statistics/causdis/stress | www.officevibe.com/blog/infographic-stress-at-work | www.eurofound.europa.eu/publications/report/2014/eu-member-states/working-conditions/psychosocial-risks-in-europe-prevalence-and-strategies-for-prevention | www.osha.europa.eu/en/surveys-and-statistics-osh/european-opinion-polls-safety-and-health-work