

Workplace Stress



The Impact

- Workplace stress is more strongly associated with health complaints than financial or family problems
- 80% of working people feel stress on the job and half of them need help in managing stress
- 60% of employees want to quit their jobs due to workplace stress
- 1 in 2 employees suffers from anxiety and depression
- \$300 billion in lost productivity annually to employers due to workplace stress

Source: American Institute of Stress, [Gallup](#)

Under Stress People _____

- Fight
 - Flight
 - Freeze

Fight

- Homicidal ideation
- Verbal/Physical abuse
- Passive-aggressive behaviors
- Manipulation
- Sarcasm

Flight

- Emotional
- Disappear
- Increased physical ailments
- Not present
- Psychosis

Freeze

- Do or say nothing
- Psychosis
- Apathetic
- Distant
- Disconnect
- Wear a mask

What Can We Do

- Tone
 - Respect & accountability
- Positive working environment
 - Safe to make mistakes
- Staff Development
 - Team or individual skill-set

Contact us

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