



STRESS IN THE WORKPLACE

40%

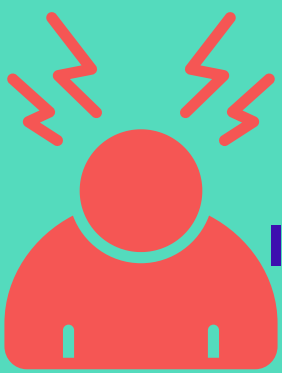
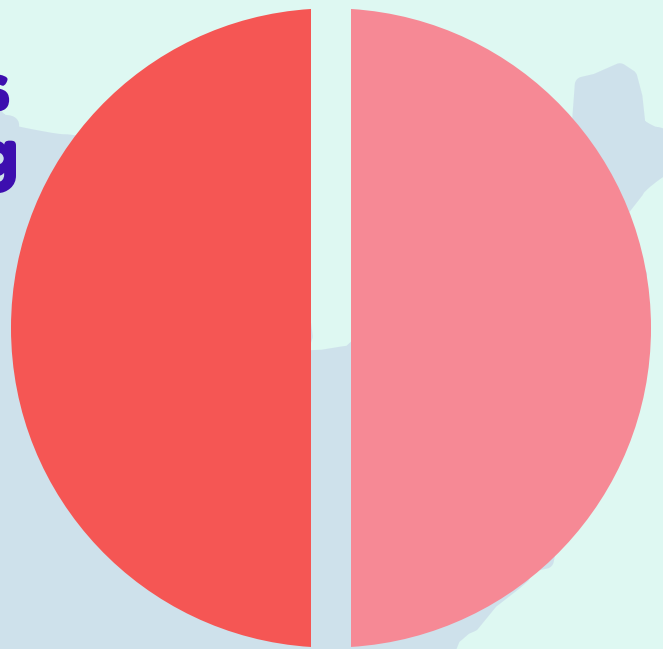
of workers say their job is
very or extremely stressful

25%

view their jobs as the number
one stressor in their lives

Only 50% of employees
are comfortable talking
about mental health
issues

Half of workers feel
they need help with
stress management



In 2019, 94% of American workers
experience stress in their workplace

In 2019, 60% of American workers were
ready to quit their jobs due to stress

**Work-related stress causes
120,000 deaths and results in \$190
billion in healthcare costs yearly**

STRESS IN THE WORKPLACE POST 2020

Suicide hotline calls up 47% nationwide
since the onset of the pandemic with
some crisis lines seeing a 300% increase

Long term psychological
consequences of collective traumas
can last a decade or more