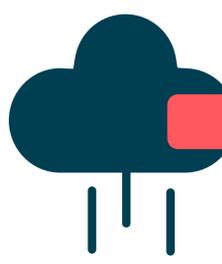


7 mind-blowing workplace stress statistics

 **79%**

of us are often stressed at work

 **12.8m**

working days are lost due to stress

Women  are more stressed

1 in 5 

of us call in sick due to stress

 **24%**

of line managers believe employee wellbeing is not their responsibility

45% 

say their workplace does not have anything in place to help with stress

The biggest cause of stress is

Workload