

Strain and drain

The hidden costs of employee stress on your business



Everyone knows that too much stress is bad for you. But, did you know that it's also bad for business? Stress can negatively impact workforce productivity and dramatically impact the cost of doing business.

#LetsTalk

Adding stress to your bottom line

Workforce stress increases absenteeism, employee turnover, loss of productivity and health care costs, adding up to an alarmingly large hit to your bottom line. In fact, research shows more employees are absent from work because of stress and anxiety than because of physical illness, injury or chronic conditions such as diabetes, asthma, and arthritis. Just look at the cost of stress on businesses in the U.S. and U.K.

*Figures correct at time of publishing: September 2019

\$300 Billion*

in the U.S.

U.S. GDP **21.06 trillion** USD
in April 2019
U.S. population of **329.6 million**



\$52 Billion*

in the UK.

UK GDP **634,227.00** USD million
UK population of **66 million**

And the top workplace stressors are...

So, what's causing this epidemic of workplace stress? There are no surprises here. Like all of us, your employees face multiple personal and business challenges, but here are some of the top reasons they may be feeling stressed.



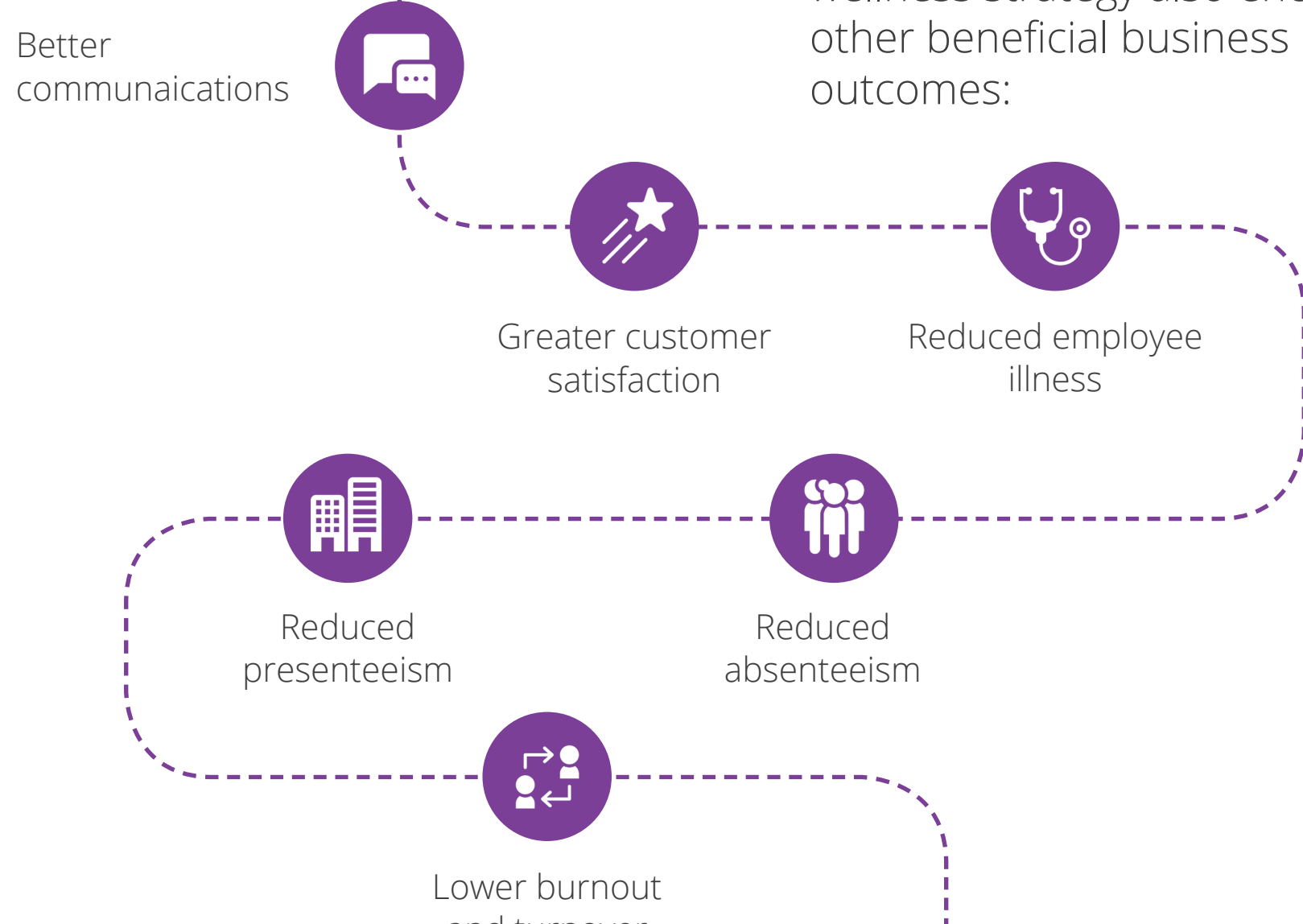
Added pressure from abroad

While stress is not unique to the expat community, being a stranger in a strange land can bring on additional challenges. A recent survey found that, in addition to the workplace stressors above, expats identify additional pressure points.



Protecting your most valuable asset

It's clear that addressing workforce stress is good for business. Turning the tide on chronic employee stress results in happier, more engaged employees with improved focus. The result for your business will likely be a happier, healthier workforce, greater productivity and a better bottom line. Having a clearly defined employee health and wellness strategy also encourages other beneficial business outcomes:



Promoting wellness in your workplace

With clear benefits to reducing workplace stressors, it's easy to see why organisations are focussing on well-being programmes and benefits for employees, promoting self-care, helping employees develop their resilience and work towards becoming healthier, happier, more productive individuals.

For more information check out [Mental health support resources](#) and [Aetna International's stress-reduction services](#)

#LetsTalk

#MentalHealth

#MentalHealthAwareness

#EndTheStigma

Sources:

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