

How much is stress costing you?

In the UK, the Health & Safety Executive (HSE) defines stress as: 'The adverse reaction people have to excessive pressure or other types of demand placed on them'. Its research with Personnel Today Magazine recently showed that over 1.6 million days are lost to stress each year - costing UK employers £1.24 billion.

The research is based on responses from almost 700 senior HR practitioners based in the UK and almost 2,000 employees.

According to the survey:

- 11% of absenteeism is due to stress
- 25% of individuals said that stress was affecting their sleep
- 33% of employees felt overloaded by their workload
- 83% of HR professionals think stress is harming productivity
- 52% say stress is increasing
- 60% claim it is affecting staff retention

By managing stress pro-actively one can save your company a significant amount of money, increase morale and motivation.