

STRESS IN WORKPLACE

STRESS AWARENESS MONTH
APRIL 2022



EMPLOYEE BURNOUT IS ON THE RISE!

The Global Burnout Study from 2022, has found that employee burnout has increased by over 5 % in the last 12 months. Driven by one simple reason: leaders don't really understand what the global phenomenon really is.

Out of the 3,000 participants in 30 countries:

60 % **23 %** **40 %**

of employees surveyed were more likely to take a sick day.

were more likely to pay a visit to the emergency room.

of people stated burnout as the reason they left their job in 2021.



THE RESULT?

The Great Resignation

Research by Microsoft shows that over **40%** of employees are likely to leave their current job in the next three years, and that the pandemic has made employees reevaluate their priorities, with work now about much more than just salary.

DATA SHOWS

Stress continues to be one of the main causes of short and long-term absence.

75% have observed presenteeism among employees in the workplace

77% have observed presenteeism among employees who work at home

60% observed 'leaveism' in their organisation over the last 12 months

THE MAIN CAUSES OF WORK-RELATED STRESS

- *Workload/volume of work*
- *Management style*
- *New work-related demands or challenges due to homeworking as a result of COVID-19.*
- *Non-work factors - family and relationship issues*
- *Relationships at work*
- *Non-work factors - Personal illness or health issues*
- *Poor work-life balance due to homeworking as a result of COVID-19.*

CIPD (2021)

The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce the impact of stress and poor mental health. Since our inception in 2003, our dream has been to create a happier, healthier, more resilient world. Visit www.stress.org.uk for more information and support.



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Stress Management Society
from distress to de-stress