



WORKPLACE STRESS

For years, organizations and researchers have explored the effects of stress in the workplace. This general reference list provides some information you can use to support your initial discussions about stress and the role it plays in organizations. It also provides links to several infographics and key statistics.

REFERENCES

Stress at Work: Facts + Figures by the European Agency for Safety and Health at Work
https://osha.europa.eu/en/publications/reports/TE-81-08-478-EN-C_OSH_in_figures_stress_at_work/view

American Psychological Association: Stress in America annual reports 2007-2014
<http://www.apa.org/news/press/releases/stress/>

The American Institute of Stress
<http://www.stress.org/>

Interviews of Stress Experts conducted by the American Institute of Stress
<http://www.stress.org/pubsmultimedia/interviews/>

The Center for Social Epidemiology
<http://unhealthywork.org/>

Analysis of The Whitehall Study by The Center for Social Epidemiology
<http://unhealthywork.org/classic-studies/the-whitehall-study/>

Sheffield University Executive Briefing of Whitehall I (1967) and Whitehall II studies
<https://sheffildequality.files.wordpress.com/2012/11/the-whitehall-studies.pdf>

INFOGRAPHICS

<http://www.stress.org/stress-is-killing-you/>

http://cdn2.hubspot.net/hub/311886/file-405652897-png/MTB_StressStatistics_Large.png?t=1412947311967

<http://www.graphs.net/wp-content/uploads/2012/08/Statistics-of-Stress-in-the-Workplace.jpg>

KEY STATISTICS

According to the U.S. Centers for Disease Control, now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. (Centers for Disease Control + Prevention)

One-fourth of employees view their **jobs as the number one stressor** in their lives. (Centers for Disease Control + Prevention)

40% of workers claim their job is very or extremely stressful (Northwestern Mutual Life)

From the American Psychological Association, Stress in America Report 2012

- **Forty-three percent** of American adults report that stress has caused them to lie awake at night in the past month.
- **Forty-two percent** of adults report that their stress level has increased, and 36 percent say their stress level has stayed the same over the past five years.
- **Sixty-one percent** of adults say that managing stress is extremely or very important, but only 35 percent say they are doing an excellent or very good job at it.
- **Forty-four percent** of adults say they are not doing enough or are not sure whether they are doing enough to manage their stress, but 19 percent say they never engage in stress management activities.
- Money (**71 percent**), work (**69 percent**) and the economy (**59 percent**) continue to be the most commonly reported sources of stress.