

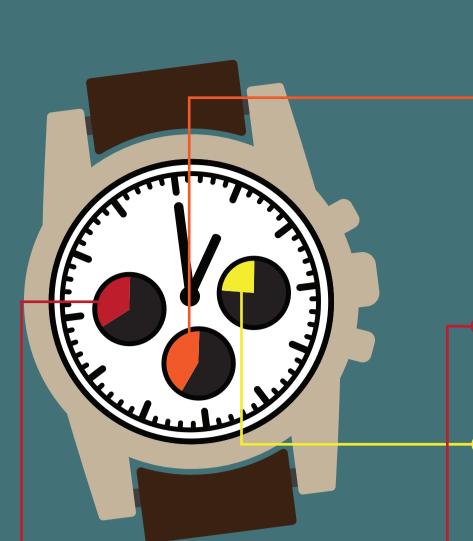
According to the ComPsych StressPulseSM survey, employees are more stressed than ever which impacts their productivity, attendance and physical health. Scroll down to see how employee assistance and wellness programs can help.



extreme fatigue/feeling out of control

manageable stress levels

have low stress levels

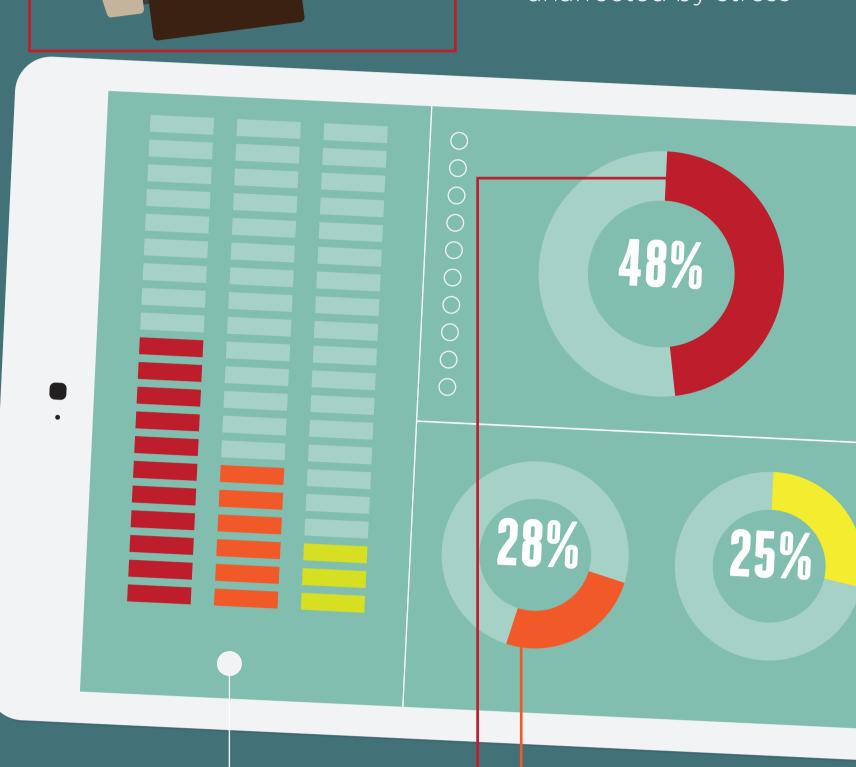


UPON DAILY PRODUCTI

Lose 15-30 min. per day in productivity due to stress

35% Lose 1 hour or more per day in productivity due to stress

24% Report productivity is unaffected by stress



UPON ATTENDANCE 55% Miss 1 to 2 days

IMPACT OF STRESS

per year due to stress 29% Miss 3 to 6 days

per year due to stres

16% Miss more than 6 days per year due to stress

THE IMPACT OF

UPON EFFECTIVENESS Come to work 1 to 4 days per year when too stressed to be

IMPACT OF STRESS

effective Come to work 5 or more days per year when too stressed to

be effective Say stress does not impact effectiveness



in addition to eating more

levels can increase the

when stressed, elevated stress

production of cortisol, a hormone that contributes to belly fat **DECREASED DESIRE** FOR PHYSICAL AC

All of these factors contribute

to reduced energy and well-being

as well as less productivity at work.

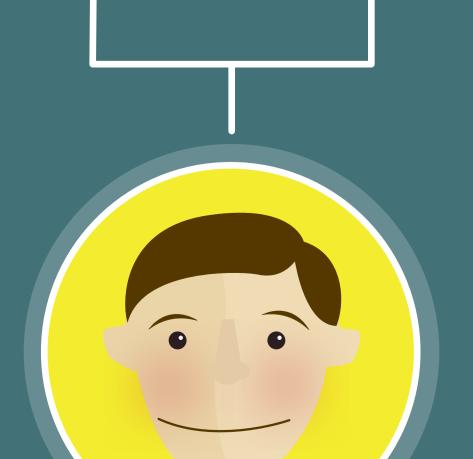
40% of individuals lie awake at night due to stress 42%

Of individuals reported watching TV to deal with stress HOW INTEGRATED EMPLOYEE ASSISTANCE (EAP) AND WELLNESS PROGRAMS ADDRESS STRESS





EAP counseling Exercise regimen for stress through wellness program



Employee feels better,

has more energy and is

less stressed





EAP counseling to

employee's efforts to quit smoking

address stress that

could hamper the



Employee successfully quits smoking while keeping stress levels in check