

DID YOU KNOW?

Employee burnout and stress are costly problems impacting your organization

Deloitte reports that over three-quarters of full-time US professionals have experienced employee burnout at their current job. The World Health Organization considers stress to be the “health epidemic of the 21st century.” And the American Institute of Stress has published that job stress costs US employers over \$300 billion annually as a result of absenteeism, employee turnover, diminished productivity, and more.

Job-related burnout and chronic stress and share many of the same physical and emotional symptoms: low energy, aches and pains, loss of appetite, anxiety, and more. They all add up to employees who don't feel their best. And employees who don't feel their best can't bring their best to work.

Employers can provide resources to help employees recover from the mind/body stressors they experience at work — and feel their best. Don't miss [3 Reasons to Support Your Stressed-Out Employees with Whole-Person Wellbeing](#) to learn more.

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83% of employed Americans are stressed out on the job. ([Harris Interactive](#))

Burned-out employees are 63% more likely to take a sick day — and 2.6 times as likely to be actively seeking a different job. ([Gallup](#))

35% of employees “Always” miss 3-5 days a month because of workplace stress. ([Mental Health America](#))

1,000,000 employees miss work each day because of stress. ([Tinypulse](#))

Over 20% of workers spend more than five hours on the clock each week thinking about their stressors and worries. ([Colonial Life](#))

56% of employees say stress and anxiety most often impacts their workplace performance — and 50% say it most often impacts their quality of work. ([Anxiety and Depression Association of America](#))

The #1 driver of burnout cited in the survey is lack of support or recognition from leadership. ([Deloitte](#))

70% of professionals feel their employers are not doing enough to prevent or alleviate burnout within their organization ([Deloitte](#))