



Impact on Health and Productivity

Low energy and high stress among employees can be devastating to the bottom line. Employees who aren't functioning at their best can have considerable decreases in productivity. This is especially true for employees with high stress.³

Stress is our body's response to a given event or situation, and it can be positive or negative. What is stressful for one person isn't necessarily stressful for the next, but too much can wreak havoc.

In addition to sapping energy, regular high stress creates increased risk for physical and mental concerns, including:

- Depression/anxiety⁴
- Difficulty concentrating
- Digestive problems⁵
- Headaches
- High blood pressure
- High heart rate
- Job dissatisfaction
- Low morale
- Short temper
- Sleep disturbances
- Type 2 diabetes
- Upset stomach.²

Many of the chronic diseases that account for about 70% of all healthcare costs⁶ result from the same poor lifestyle habits that feed stress and deplete energy.

The good news is that simple changes can mean dramatic improvements. The result: lower healthcare costs and employees who have more energy as well as less stress, for higher productivity. The primary areas for improvement follow, with a focus on specific advantages and disadvantages, as shown in numerous studies.

Stress Impact

Healthcare costs for employees with high stress levels are nearly 50% higher than for those who report low stress.¹

Stress-related problems precipitate an estimated 75%-90% of all doctor visits.²