

Then and Now

from Work Stress to Personal Wellness

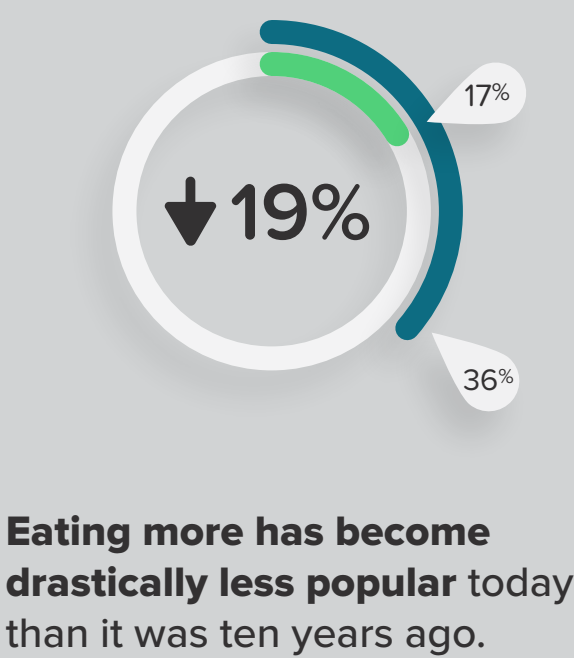
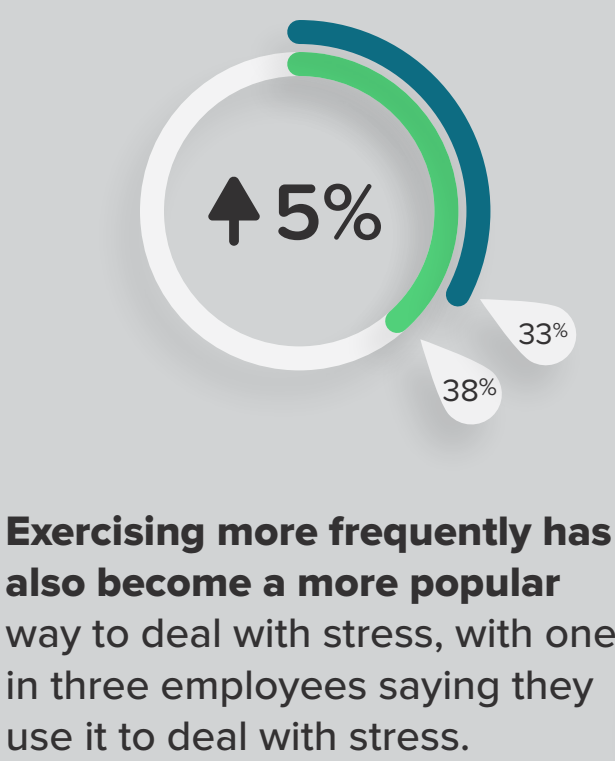
Workplace Stress and Anxiety

The previously mentioned updates to management style, employee recognition, and workplace environment may be alleviating some employee stress and anxiety. We asked our survey respondents to select the workplace factor(s) that caused stress and their response(s) to workplace stress. Overall, it appears that fewer people are experiencing daily stress and, for those who are, that stress is having a smaller impact. Stress and anxiety may also be coming from different places today.



Ranked leading causes of stress in 2006 vs 2016:

Dealing with Issues/Problems that Arise	4	1
Staff Managment	3	2
Deadlines	1	3
Interpersonal Relationships	2	4



Back in 2006, the top method for managing high levels of stress at work was to get more sleep (popular among 44 percent of employees), while today employees prefer to talk about it with family and friends (preferred by 42 percent of employees).

