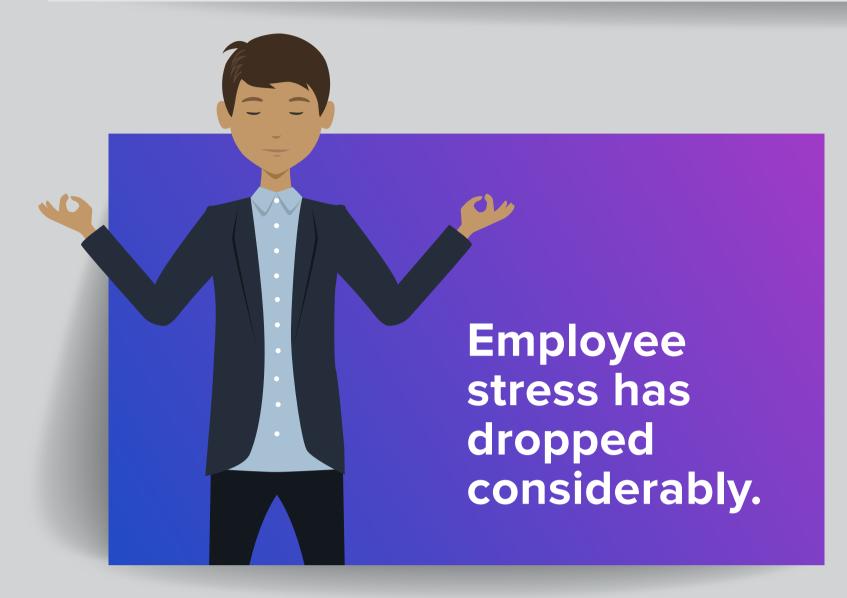
## Then and Now

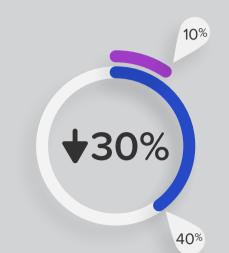
### from Work Stress to Personal Wellness

# Workplace Stress and Anxiety

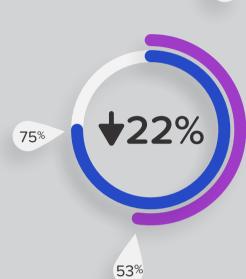
The previously mentioned updates to management style, employee recognition, and workplace environment may be alleviating some employee stress and anxiety. We asked our survey respondents to select the workplace factor(s) that caused stress and their response(s) to workplace stress. Overall, it appears 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.



**o** 2006 **o** 2016



Far fewer employees today are experiencing persistent stress or excessive anxiety in their daily lives than they did ten years ago.



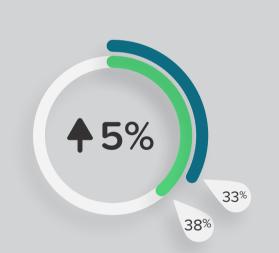
What's more, just over half of these employees say this daily stress they experience interferes with their lives at least moderately, while almost three-fourths of employees who experienced frequent stress in 2006 felt like it interfered with their daily lives.

#### 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



**o** 2006 **o** 2016



Exercising more frequently has also become a more popular way to deal with stress, with one in three employees saying they use it to deal with stress.



**★19%** 

Eating more has become drastically less popular today than it was ten years ago.

**o** 2006 **o** 2016



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).



### \*bamboohr | ABOUT THE INFOGRAPHIC

The June 2016 study collected responses from 1,049 professionals over the age of 18 who are employed by companies of more than 50 employees. This research was generated by BambooHR. 2006 data came from surveys conducted by the American Management Association, Gensler, the Anxiety and Depression Association of America, and the Northwest Territories Bureau of Statistics.

Satisfaction & Engagement: Northwest Territory Bureau of Statistics—http://www.hr.gov.nt.ca/sites/default/files/2006\_employee\_survey.pdf Workplace Violence: Bureau of Labor Statistics—http://www.bls.gov/iif/oshwc/osnr0026.pdf, http://www.bls.gov/iif/oshwc/osch0033.pdf Electronic Media Usage: American Management Association—http://www.amanet.org/news/1452.aspx Workplace Environment: Gensler—http://www.gensler.com/design-thinking/research/the-2006-us-workplace-survey

Workplace Stress & Anxiety: Anxiety and Depression Association of America—http://www.adaa.org/workplace-stress-anxiety-disorders-survey