Stress, Absenteeism, and Presenteeism

How Workplace Wellness Can Help

Definitions

stress	ab·sen·tee·ism	preh·zuhn·tee·ism
human response of pressure/ tension/ worry to a difficult situation	no show, call out due to sudden illness or injury, bereavement, childcare, eldercare	reporting to work while contagious, injured, exhausted, suffering burnout, not fully coherent, missing in action

US Statistics

5 HOURS lost weekly due to employees thinking about stressors *(1)*

$190B annual healthcare costs associated with work-related stress *(1)*

~1M workers absent per day due to stress *(1)*

$300B losses due to absenteeism, low productivity, and accidents associated with stress *(1)*

~40% miss work due to personal matters *(2)*

1. The American Institute of Stress. Workplace Stress. 2. TeamSense. 20+ Statistics About Absenteeism in the Workplace. January 24, 2024.

Workplace Wellness Benefits

Employee

- stress reduction and regulation
- improved health and wellbeing
- better work-life balance

Employer

- reduction in healthcare costs
- greater employee engagement
- reduction in absenteeism

Get in Touch

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