U.K. Stress Statistics

- Stress and chronic ill health in the workplace costs £100bn - Dame Carole Black, ISMA Conference 2009
- An estimated 442,000 individuals in Britain, who worked in 2007/08 believed that they were experiencing work-related stress at a level that was making them ill - Labour Force Survey Government Stats
- Estimates indicate that self-reported work-related stress, depression or anxiety accounted for an estimated 13.5 million lost working days in Britain in 2007/08 - Labour Force Survey Government Stats
- Direct cost of sickness absence estimated as £635 per person per year. - CIPD 2008
- Indirect costs of sickness absence have been measured as twice the direct costs i.e. £1,270, making a total of £1,905 per employee per year – typically around 9% of payroll costs - Norwich Union Healthcare
- In 2008 – for every 80p spent on health promotion and intervention programmes, £4 can be saved due to reduced absenteeism, temporary staff, presenteeism and improved motivation - The European Network for Workplace Health Promotion
- The 2007 Psychosocial Working Conditions (PWC) survey indicated that around 13.6% of all working individuals thought their job was very or extremely stressful. - HSE
- The annual incidence of work-related mental health problems in Britain in 2007 was approximately 5,750 new cases per year. However, this almost certainly underestimates the true incidence of these conditions in the British workforce. - HSE
- According to self-reports, estimated 237,000 people, who worked in 2008, first became aware of work-related stress, depression or anxiety giving an annual incidence rate of 780 cases per 100,000 worker. - Labour Force Survey
- Employee absence levels in public sector at 9.6 days per annum per employee whilst private sector absence at 6.6 days per annum per employee. - CIPD Absence Management survey 2010
- Despite pressure to cut costs, 22% of organisations have increased their spend on employee well being, with only 9% showing a reduction. Those who have increased spending in 2010 have indicated they are likely to increase their well being spend further in 2011 - CIPD Absence Management Survey 2010

For more information, visit [http://www.hypnokeys.com/](http://www.hypnokeys.com/)