## HEALTHY WORKPLACES MANAGE STRESS 2014-2015

## Work-related stress is an organisational issue



Working always under pressure can lead to **five times more accidents** 

Reduced performance due to psychosocial problems may cost twice that of absence About a fifth of staff turnover may be related to stress at work

The total cost of mental health disorders in Europe (both work and non-work related) is estimated to be



direct costs such as medical treatment **240** billion €/year



lost productivity, including sick leave

## warning signs

**Emotional changes** e.g. anxiety, fatigue, poor relationships with colleagues

**Cognitive issues** e.g. difficulties in concentration and decision-making Behavioural changes e.g. poor timekeeping, carelessness, aggressiveness

> Physical and mental ill health e.g. more frequent absences from work

1 Sources from UK, Germany and the Netherlands







Safety and health at work is everyone's concern. It's good for you. It's good for business. #EUmanagestress www.healthy-workplaces.eu