

Why employee stress should worry employers

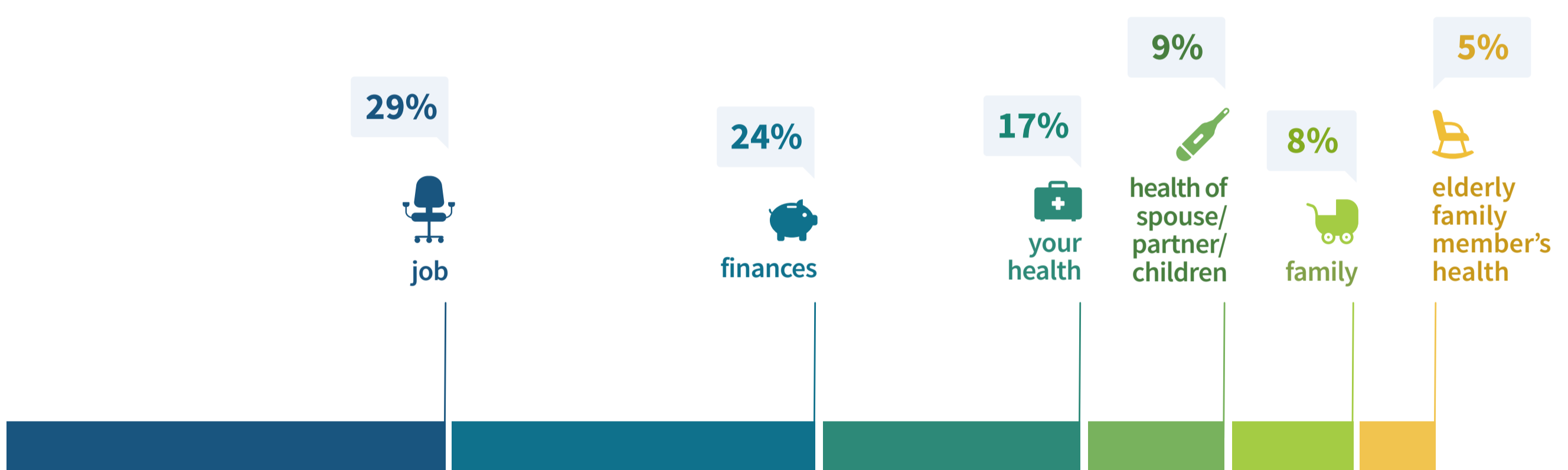


Stressed workers cost employers **billions – weekly**

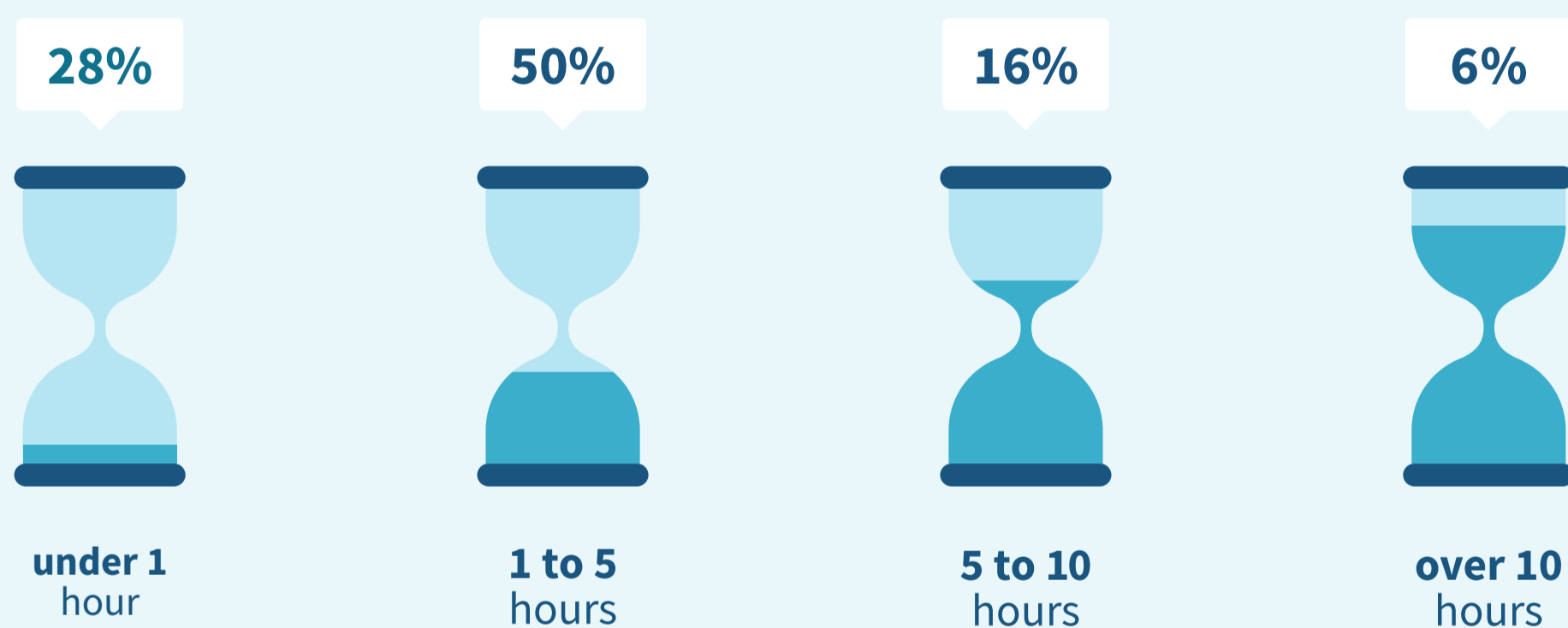


More than 70% of employees spend valuable work time worrying.

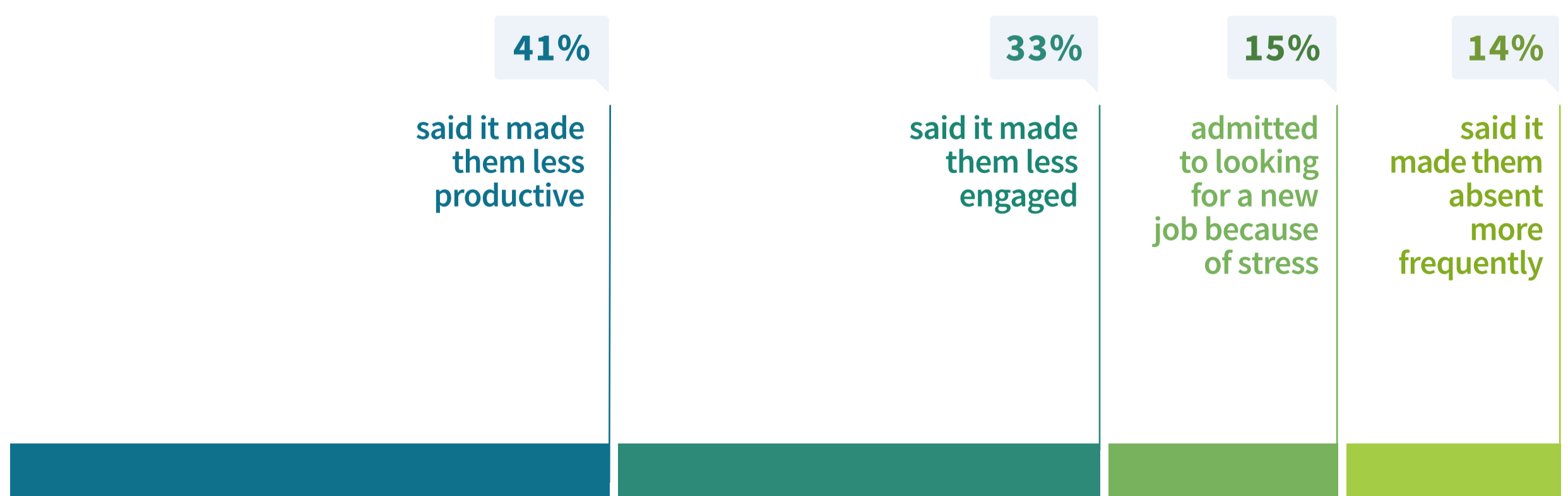
#1 causes of STRESS FOR INDIVIDUALS



Weekly time spent at work THINKING ABOUT STRESSORS



IMPACT ON WORK



LEARN MORE

about how you can make wellbeing a priority at the workplace.
ColonialLife.com/Stress