

WORK-RELATED STRESS

27%

27% of Canadian workers claim to have high to extreme levels of stress on a daily basis.



Over 1 in 4 workers report being highly stressed



Low income workers tend to have lower general stress while high income workers have higher general stress.

46%

An additional 46% of Canadian workers reported to that they felt "a bit" stress on a day-to-day basis.

PROLONGED STRESS INCREASES THE RISK OF:



DEPRESSION



HEART DISEASE

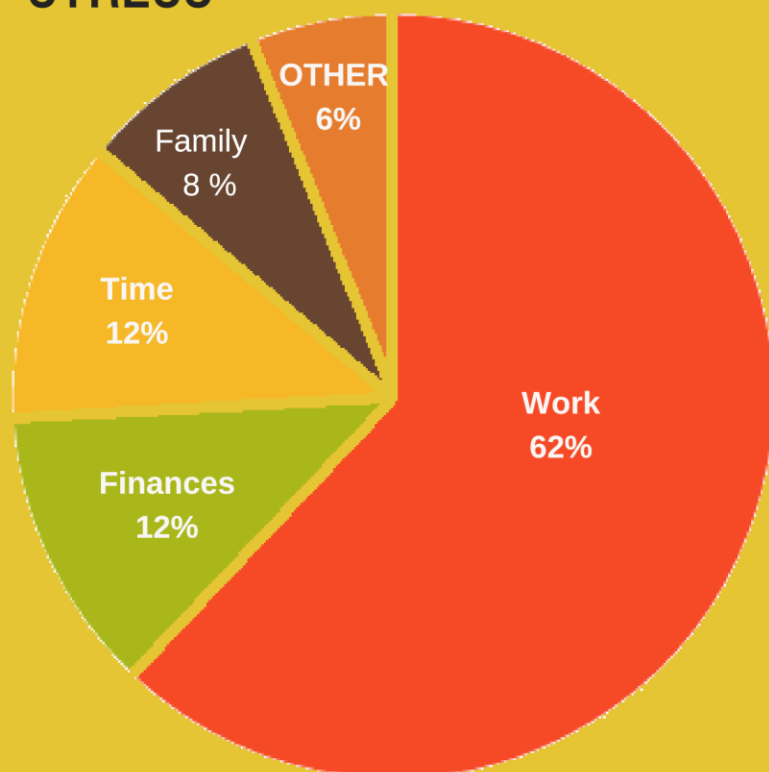


SUBSTANCE ABUSE

WORKERS' SOURCES OF STRESS

62%

OF WORKERS SAY WORK IS THEIR MAIN SOURCE OF STRESS



HOW TO

REDUCE STRESS



TIME MANAGEMENT



REST



EXERCISE