

The effects of stress on workplace performance

Stressors like workload, people issues, lack of work/life balance and job insecurity can cause a dip in productivity at work, according to ComPsych's 2012 Stress Pulse survey.

Effect of stress on daily productivity

41% lose 15 to 30 minutes of productivity a day

36% lose one hour or more each day

23% report their productivity is not affected by stress

Effect of stress on attendance

55% miss one or two days a year to stress

29% miss three to six days a year

16% miss more than six days a year

Effect of stress on effectiveness

46% come to work one to four days per year when too stressed to be effective

30% show up that way five or more days per year

24% say stress does not influence their effectiveness

Effect of personal tasks on daily productivity

41% lose less than 30 minutes a day to personal tasks

40% lose 30 minutes a day

19% lose more than an hour a day

Source: ComPsych Stress Pulse survey, October 2012