

# 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