

STRESS: THE IMPACTS AND HOW TO HELP



Job stress costs more than **\$300 billion each year** in absenteeism, lost productivity, turnover, and medical costs.

As an employer, it's crucial to identify and address signs of stress early to help your employees maintain their well-being and productivity.

5 signs that your employees might be experiencing stress:



Changes in Mood or Behavior:

Employees may seem more irritable or anxious than usual or may withdraw from social interactions.



Decreased Productivity:

Employees may have a hard time focusing or completing their work.



Physical Symptoms:

Stress can manifest itself in physical symptoms like headaches, stomachaches, and difficulty sleeping.



Changes in Attendance:

Employees may take more time off or call in sick more often than usual.



Increased Conflict:

Stress can lead to conflict in the workplace, so if employees are arguing more than usual or having a hard time getting along, it could be a sign of stress.

5 tips to help your employees manage stress:



Encourage Healthy Behaviors:

Encourage employees to take regular breaks, get enough sleep, exercise, and eat healthy foods.



Offer Flexibility:

If possible, consider offering flexible work hours to help employees manage their workload and better balance their personal and professional obligations.



Lead by Example:

Be understanding and supportive of your employees' needs. Encourage employees to communicate openly and honestly about their stress levels and any challenges they are facing.



Foster a Culture of Care:

Create a positive work environment that fosters collaboration, support, and open communication.



Pitch In:

Offer resources like stress management workshops or information on mental health services and relaxation techniques like meditation or deep breathing exercises.

To learn more about how Youturn Health's stress management program can help your employees and to schedule a demo, contact:



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