



# HEALTHY WORK

## Statistics to Know

We all know that **work** can make you **stressed**.

Work is the  
2nd highest-  
rated source of  
stress in the US  
(after money).

- 2015 Stress in America Report, APA

3 of 5 say work is  
a significant source  
of stress.



- 2017 Stress in America Report, APA

But did you know that **work stress** can make you sick?

### MENTAL HEALTH CHECK

Work 11+ hours/day?

↪ 2-3 times  
more likely to  
experience  
depression



- Virtanen et al, *Plos One*, January 2012

High levels of stress at work?

↪ Job strain and long  
work hours have been  
longitudinally associated  
with moderate/severe  
suicidal ideation.



- Choi, *Int Arch Occup Environ Health*, 2018

