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# Stress in the Workplace

## *The Effects of Financial Stress on Employee Health and Productivity*

- Stress costs U.S. businesses **\$300 billion** annually.<sup>i</sup>
- This equals **\$1,685** per employee per year.
- **1 in 4** workers reports **financial stress** distracts them at work.<sup>ii</sup>
- The physical effects of stress cause a loss of **\$1.1 trillion** in productivity **every year**.<sup>iii</sup>
- Health care costs **46%** higher for employees with **high levels of stress**.<sup>iv</sup>
- **63%** of plan participants would like **more financial education and advice**.<sup>v</sup>
- Organizations that **do not offer financial education** find that the **stress level** of their active participant population is almost **10% higher**.<sup>5</sup>
- **Financial wellness programs** provide holistic financial plans through services such as financial planning, investment advice, meeting with financial advisors and debt consolidation tools.

For more information or to enroll in the plan contact your benefits department or Brad Warner/Tom Padilla at TP Investment Advisory-610-742-6314 .

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<sup>i</sup> ORC International, *Stress Awareness Month Survey Report, 2015*

<sup>ii</sup> New York Life Retirement Plan Service, *Financial Stress Survey, 2014*

<sup>iii</sup> American Institute of CPAs by Harris Interactive, *Money Stress Taking Toll on Many Americans' Waistlines, Friendships and Sleep, 2013*

<sup>iv</sup> Manning & Napier, *Why Wellness Matters, 2014*

<sup>v</sup> Transamerica, *15th Annual Transamerica Retirement Survey of Workers, 2015*

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