

Are your employees SAD?

(Stressed, Anxious, Depressed)

According to the American Institute of Stress:*

- 83% of US workers suffer from work-related **stress**
- **Anxiety**, affects 40 million people in the US
- **Depression** leads to \$51 billion in absenteeism costs and \$26 billion in treatment costs/year
- US businesses lose over \$300 billion/year and 120,00 deaths due to workplace stress
- 20% of **SAD** cases go untreated, costing the global economy \$1 trillion/year in lost productivity

*Stats from American Institute of Stress 2019, 2020 (www.stress.org)