



## Facts about Stress

### Stress is:

“That which arises when the pressure placed upon an individual exceeds the capacity of that individual to cope.”  
Confederation of British Industry

“The adverse reaction people have to excessive pressures or other types of demand placed on them at work.” HSE

Those pressures may come from a number of different sources, and when their combined effect is overwhelming, stress occurs. This means that stress is not good for you. Stress is an unhealthy state of body or mind or both.

For many years, people have referred to the Flight or Fight response as the stress response. But Flight or Fight is a one-off reaction to a perceived challenge or pressure and as such, is a safety response, ensuring the individual is alerted to possible threats allowing them to take avoiding action.

However, continually being in this state means that the body chemicals associated with Flight or Fight are constantly being stimulated which may create symptoms of ill health of one type or another.

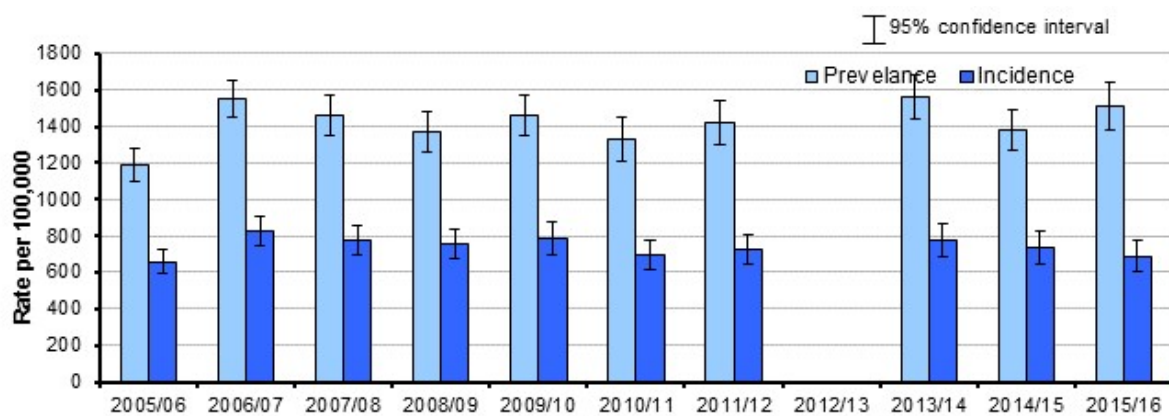
### Work related stress, anxiety and depression statistics in Great Britain 2016

The latest estimates from the Labour Force Survey (LFS) show:

- ◆ The total number of cases of work related stress, depression or anxiety in 2015/16 was 488,000 cases, a prevalence rate of 1510 per 100,000 workers.
- ◆ The number of new cases was 224,000, an incidence rate of 690 per 100,000 workers. The estimated number and rate have remained broadly flat for more than a decade.
- ◆ The total number of working days lost due to this condition in 2015/16 was 11.7 million days. This equated to an average of 23.9 days lost per case. Working days lost per worker showed a generally downward trend up to around 2009/10; since then the rate has been broadly flat.
- ◆ In 2015/16 stress accounted for 37% of all work related ill health cases and 45% of all working days lost due to ill health.
- ◆ Stress is more prevalent in public service industries, such as education; health and social care; and public administration and defence.
- ◆ By occupation, jobs that are common across public service industries (such as healthcare workers; teaching professionals; business, media and public service professionals) show higher levels of stress as compared to all jobs.
- ◆ The main work factors cited by respondents as causing work related stress, depression or anxiety (LFS) were workload pressures, including tight deadlines and too much responsibility and a lack of managerial support



Estimated rates for prevalence (total cases) and incidence (new cases) of stress, depression or anxiety caused or made worse by work, for people working in the last 12 months.



Source: Labour force survey (LFS)  
 Note: No ill health data collected 12/13