



Studies have found that anywhere from 26 to 40 percent of workers classify their work situation as “very” or “extremely” stressful. Research suggests that work stress is more strongly associated with health complaints than any other stressor—more so even than family or financial problems. Are you stressed at work? Try to make time each day to do at least one activity you **enjoy.**

### De-stress at work

Many factors can help decrease employee stress, including environmental factors, access to quality nutrition and exercise facilities near the worksite, and support for work/life balance. Go to [cdc.gov/niosh](https://www.cdc.gov/niosh) > A-Z Index > Stress at work for tips.