

# HEALTH & WELLBEING

## DID YOU KNOW

① IN 2011 **10.4 MILLION** WORKING DAYS WERE LOST DUE TO WORK-RELATED STRESS? 

②  BUT WITH **55%** OF WORKERS CLAIMING TO HAVE STILL GONE TO WORK WHEN ILL...

③ ...AND **44%** OF EMPLOYERS SEEING AN INCREASE IN MENTAL HEALTH ISSUES LIKE DEPRESSION AND ANXIETY  

④ It's hardly surprising that **1 in 5** employers considered stress and mental health issues to be the top health risk to their business  1/5 = 

⑤   ...or that **31%** of employers say tackling stress and mental health will be their top priority in the coming year (**5% more than in 2011**).

 **WHAT ARE YOU DOING TO KEEP YOUR BUSINESS HEALTHY IN 2013?**

1. Group Risk Development (GRID) annual survey, 2012  
2. Confused.com 2012 Poll  
3. 2012 Absence Management Survey, CIPD & Simply Health

4. Group Risk Development (GRID) annual survey, 2012  
5. Group Risk Development (GRID) annual survey, 2012