

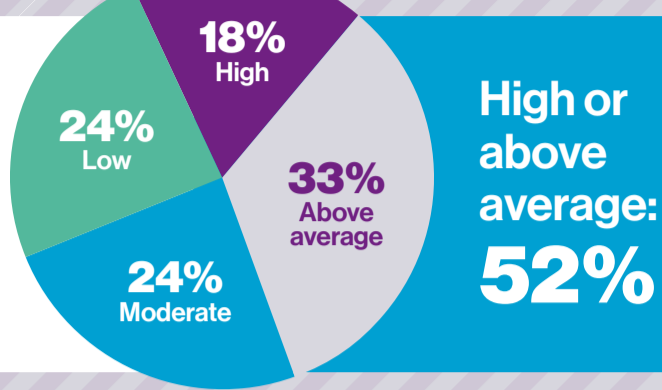
# Mental health and emotional well-being: Employee Attitudes



## Who suffers from stress most?

Half of UK employees have above average or high stress

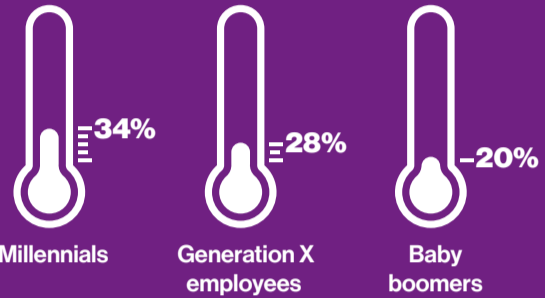
Nearly **3 in 10** (29%) of employees in UK have suffered from severe stress, anxiety or depression in the last two years



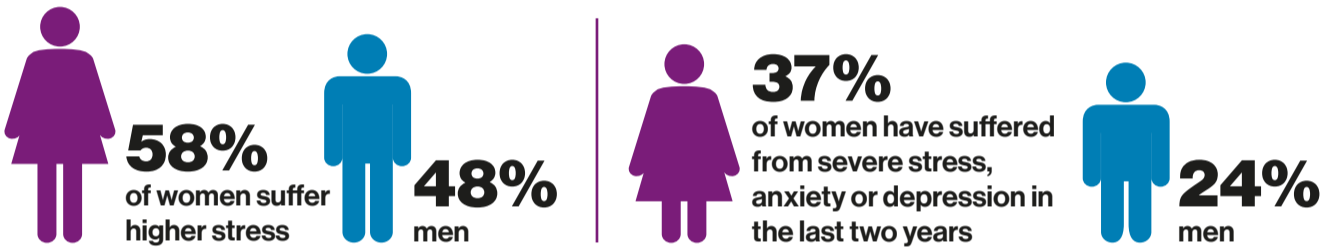
Millennial employees are the most likely to suffer from high or above average stress...



And Millennials have suffered most from severe stress, anxiety or depression in the last two years



Women are more likely to suffer from stress than men



Stress is linked to ill-health and unhealthy lifestyles

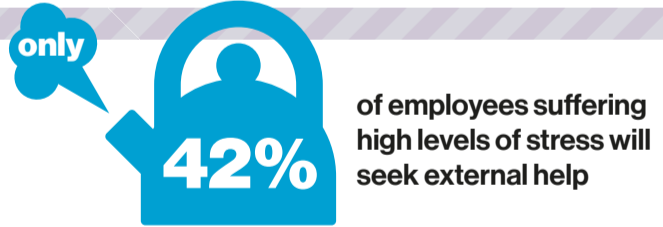


What are the biggest causes of stress?

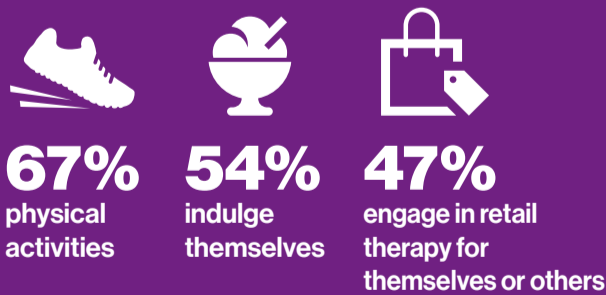


How do employees cope with stressful periods at work?

Mostly on their own



Top 3 coping mechanisms:



Least common 3 coping mechanisms:



How do they report stress to their employers?

**45%** of employees not comfortable disclosing stress or anxiety issues to their manager.

Why not?

