

# Why employee stress should worry employers

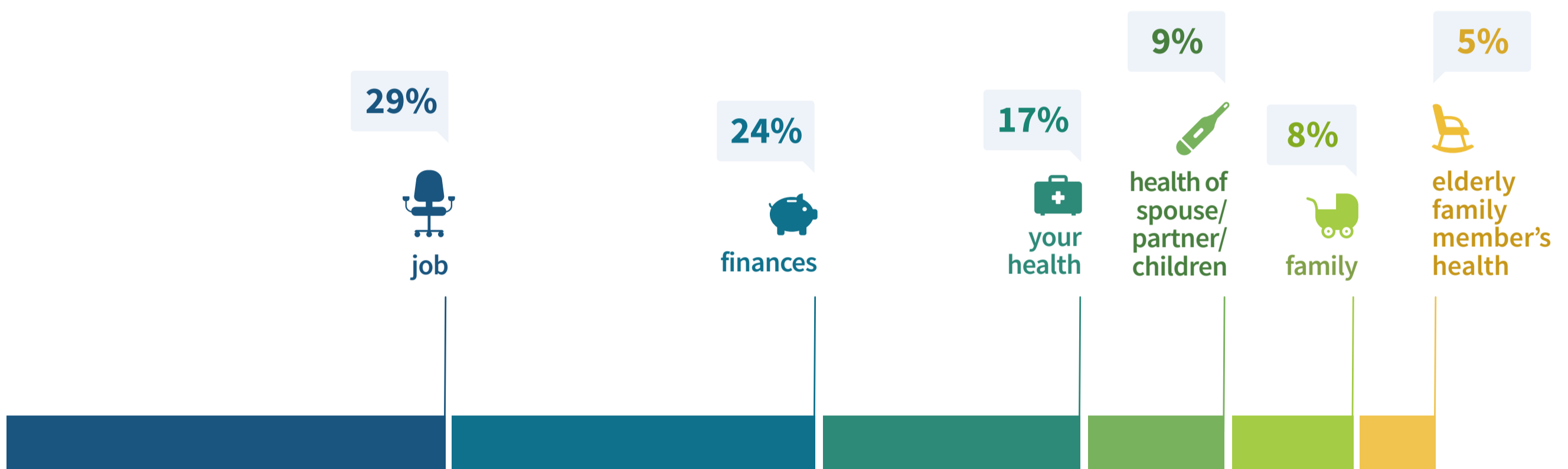


Stressed workers cost employers **billions – weekly**

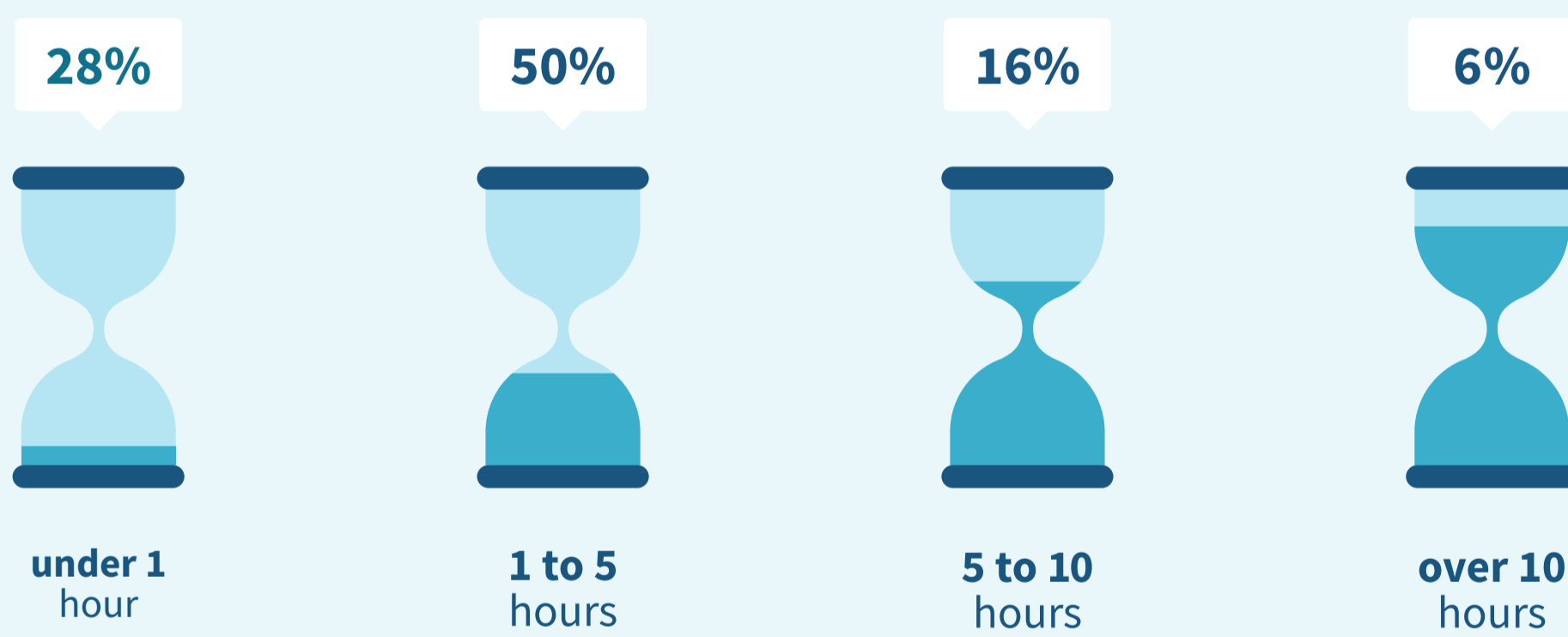


**More than 70%** of employees spend valuable work time worrying.

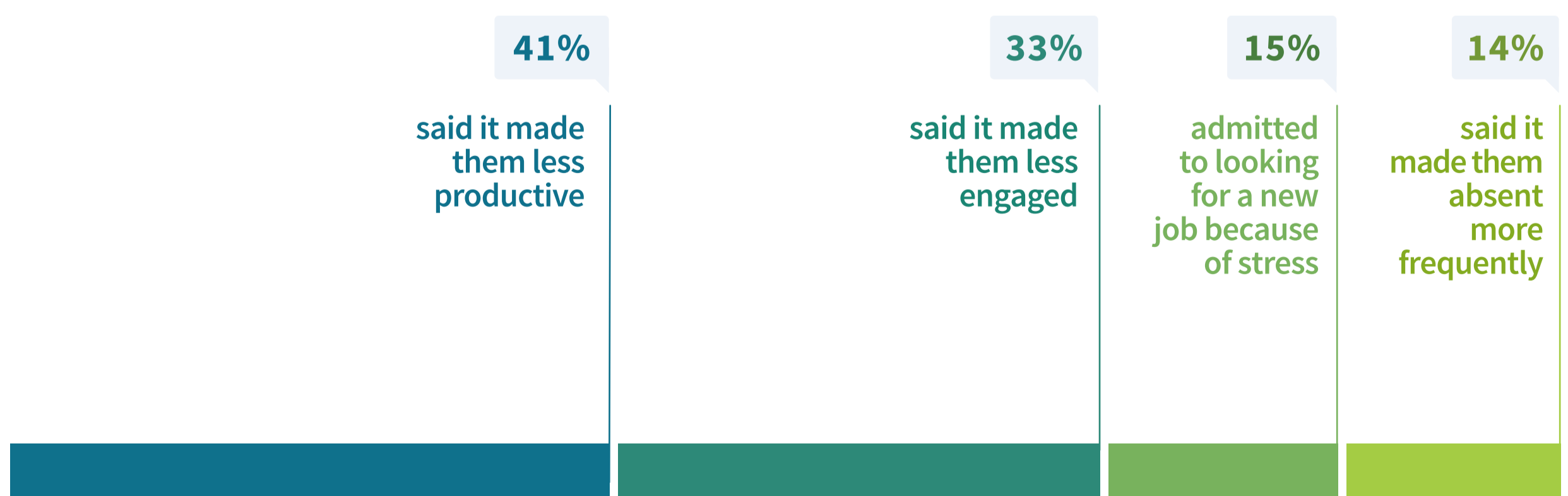
## #1 causes of STRESS FOR INDIVIDUALS



## Weekly time spent at work THINKING ABOUT STRESSORS



## IMPACT ON WORK



## LEARN MORE

about how you can make wellbeing a priority at the workplace.  
[ColonialLife.com/Stress](http://ColonialLife.com/Stress)