



## Stress Quiz

Take our stress quiz and see how aware you are of work place stress in the UK.

1. How many sick days are taken in the UK due to stress related illness in 2007/8?  
a)3.4 million                      b)34 million                      c)134 million
2. What was the annual cost to business per employee of absent workers in 2003?  
a)£192                      b)£325                      c)£567
3. How many prescriptions for tranquillisers were written in the UK in 2002?  
a)11,000,000                      b)22,000,000                      c)33,000,000
4. There is no significant difference between men's and women's stress levels  
True    or    False
5. What is the average time taken off work by a person suffering from stress?  
a)one week                      b)two weeks                      c)one month
6. What is the estimated cost of stress to payroll?  
a)9%                      b)12%                      c)15%
7. *How much did Somerset County Council save over 2 years from implementing a stress reduction initiative?*  
a)£560,000                      b)£1,200,000                      c)£1,900,000
8. Employee responsibilities include having an awareness of their own signs of stress and managing their own personal stress levels and health.  
True    or    False

**Answers on the next page**

## Answers

1. According to Business Link, **34 million sick** days are taken in the UK in 2007/8
2. The annual cost to business per employee of absent workers in 2003 was **£567**
3. **22,000,000** prescriptions for tranquillisers were written in the UK in 2002
4. There is **no significant difference** between men's and women's stress levels
5. The average time taken off work by a person suffering from stress is **one month**
6. The estimated cost to payroll is **9%**
7. Somerset County Council saved **£1,900,000 over 2 years** from implementing a stress reduction initiative?
8. Employee responsibilities do include having an awareness of their own signs of stress and managing their own personal stress levels and health.

**How did you do?**

**How does your organisation act to address these issues?**

***MRD can help you enjoy the benefits of reducing stress in your business.***

(Statistics are from various sources. Contact MRD for further details and information.)

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