

Driven to Wellness

Work-Life Balance Fact Sheet: STRESS

- Stress can lead to dangerous behaviors when driving including aggressive driving and road rage.
- About one-third of workers report high levels of stress.
- According to Northwestern National Life, one-fourth of employees view their jobs as the number one stressor in their lives.
- Work-related stress is associated with absenteeism and lower productivity.
- Burnout has been defined by medical professionals as a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.
- Burnout can cause long-term changes to the body that can negatively affect physical wellness including increased vulnerability to illnesses like colds and flu.
- According to a study by the AAA Foundation for Traffic Safety (FTS), 80 percent of drivers have exhibited aggression or “road rage”, when driving at least once during the span of a year.



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- The Centers for Disease Control and Prevention define job stress as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker"
- AAA FTS also found that from 2003 to 2007, more than 50 percent of fatal crashes involved a driver who performed a potentially aggressive action.
- According to a study conducted by the RAND Corporation, in 2017 most American workers reported having to work at high speeds or under tight deadlines, or having too little time to do their job, and almost one in five American workers reported experiencing a hostile or threatening work environment.

"Navigating safe driving through healthy habits and lifestyles".