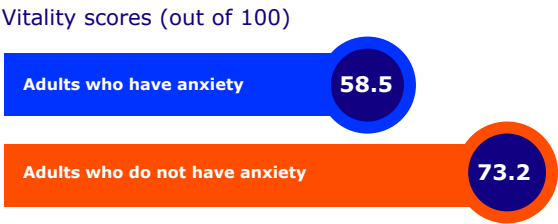


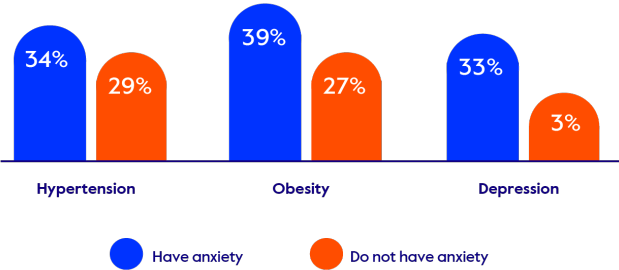
Anxiety in the workplace directly impacts U.S. employers

Anxiety and overall health

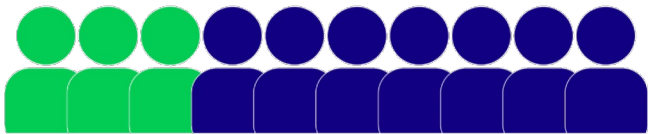
Vitality is lower for those living with anxiety



In addition, adults with anxiety report feeling less physically healthy, practice fewer healthy habits, and have higher rates of costly chronic conditions.



Anxiety in the workplace



Nearly **3 in 10** working adults have anxiety

Workers with anxiety face many hidden challenges:

- Lack of self-confidence**
55% feel capable at work vs. 70% of those without anxiety
- Lower job satisfaction**
51% are satisfied with their job vs. 68% of those without anxiety

- More stress & burnout**
Workers with anxiety are 2x more likely to feel burned out than those without anxiety
- Strained workplace relationships**
Only 37% feel understood by coworkers vs. 50% of those without anxiety
- Unmet needs**
80% can identify accommodations that would help them, but only 19% have requested any

The bottom line for employers



HEALTH CARE SPEND



WORKER PRODUCTIVITY

The World Economic Forum estimates that anxiety and depression (which often accompanies anxiety) result in **12 billion lost working days** worldwide each year, costing **\$1 trillion in lost productivity**²