

# STRESS



## THE SILENT KILLER OF ORGANISATIONAL PRODUCTIVITY

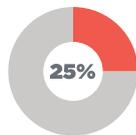
One of the most universal sources of workplace problems is stress – yet companies rarely understand how to identify it, let alone address it.

### DID YOU KNOW?



Mental stress costs Australian businesses more than **\$10 billion** per year.

– Safe Work Australia



**25%** of Australians recorded a moderate to severe level of stress in 2014.

– Safe Work Australia



Stress is the **2nd** most common cause of workplace compensation claims in Australia, after manual handling.

– Worksafe



Stress accounts for about **75%** of all doctor visits.

– The Centre for Disease Control and Prevention



A stressed workforce is a workplace **health and safety issue**. Managing employees' mental and physical well-being is part of every organisation's corporate responsibility.

Business leaders are increasingly recognising the benefits of tackling stress. Reduced stress leads to higher performance, fewer missed days and, most importantly, reinforces your company truly cares for its employees.

So how do you **measure stress**?

Organisations can quickly and easily identify stress using the **TTI Stress Quotient™**.

## TTI STRESS QUOTIENT™

The TTI SQ measures stress in 7 core factors and 17 subfactors. These stress "hotspots" collectively represent the most common, universal causes of stress in the workplace.



**1) JOB DEMANDS**



**2) EFFORT/REWARD BALANCE**



**3) CONTROL**



**4) ORGANISATIONAL CHANGE**



**5) MANAGER/SUPERVISOR**



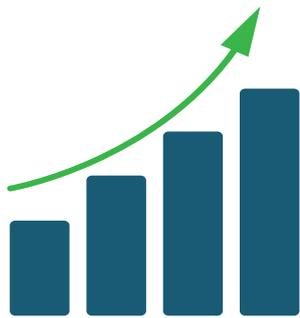
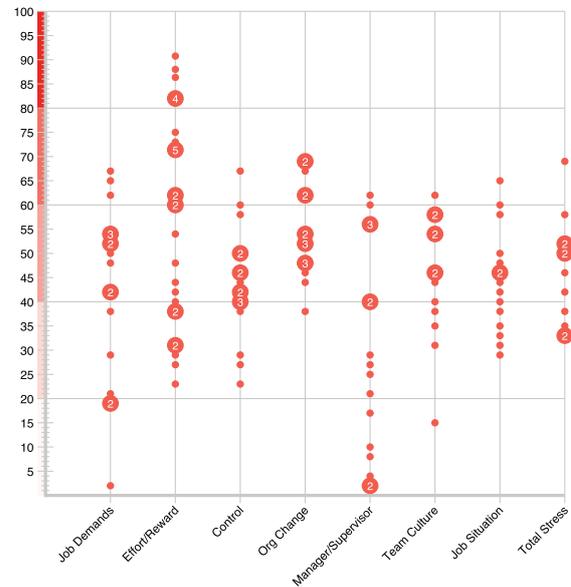
**6) TEAM CULTURE**



**7) JOB SITUATION**

# DISCOVER YOUR ORGANISATION'S **STRESS PULSE**

With the TTI SQ, you'll be able to identify **where the stress is coming from**. As you can see with the graph to the right, there's a moderate amount of stress coming from the Effort/Reward Balance Index. This could mean that some employees don't feel properly recognised for their efforts.



With the information provided by TTI SQ, management teams will be better equipped to **make smarter strategic decisions** and improve the well-being of their workforce.

## CONQUER **STRESS**



Begin creating a healthier, more productive workplace by using **TTI Stress Quotient™**.