

1 in 5 Working Brits Say Their Job has Negatively Impacted their Health

New research, commissioned by Europe's leading on-demand staffing app Coople, reveals that work is damaging Brits' mental and physical health.

The survey of 2,000 people working in the UK, carried out by One Poll, reveals that one in five respondents cite their workload as having a negative impact on their health. Respondents state their jobs have caused them to suffer from depression and other stress-related illnesses.

An additional 30 per cent of respondents said work has made them unhappy and stressed, whilst more than a quarter (26 per cent) say their job causes arguments with their partner – 8 per cent of which say work has been the major factor in the breakdown of their relationship.

Over half of Brits (51 per cent) have attributed their lacklustre social life to their work commitments; with 28 per cent of Brits working late, 18 per cent responding to emails out of hours and 10 per cent picking up calls outside of their hours.

The survey also highlighted that 54 per cent of Brits value a positive work life balance above all else in their jobs, including money and benefits.

A recent CIPD study found that 37 per cent of surveyed respondents stated they felt under excessive pressure at work at least once a week.

A subsequent CIPD survey found that flexible workers are much less likely to report being under excessive pressure than people who don't have flexibility in their role. Research from The Work Foundation has recently found that the benefits of flexible working extend to the organisation as well as the employees. Benefits include increased productivity as well as improved health and wellbeing for employees.

Talk to DSA about how you could change your working practices, improve Employee Engagement and create a positive impact on your productivity.

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