



“Work Stress level, sources and associated medical conditions”

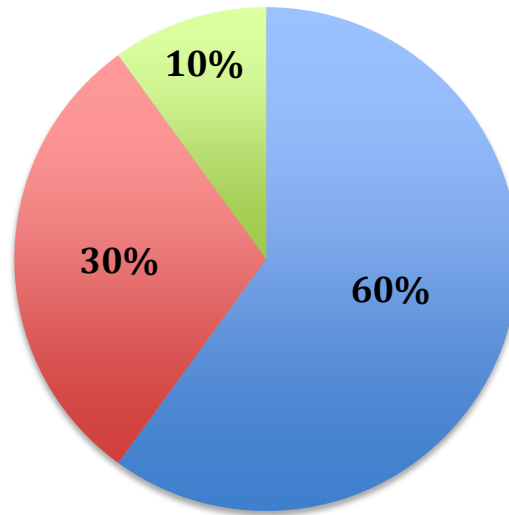
We have done a small survey under our corporate wellness brand **“3D wellness”** to understand the degree of stress at work and what are the main source of work stress. The survey covered all the level of corporate management, age groups, gender and also mentioned the medical conditions employees have developed or may develop owing of work stress. We also asked employees about their take on a good corporate wellness program and if it can be helpful in curtailing their stress level at work.

Majority of people have high level of stress at work and they often work under stress, which can make them non-productive resource and can also affect companies revenue. It was surprising to find that job insecurity was not the main reason of stress as many people have lost their job or on the verge of loosing it because of on-going Covid crises. Work pressure is the number one reason followed by work-life balance, work environment and last is job insecurity.

Below are the charts, which can help you to understand level of work stress, its sources, and also rick of medical issues associated with the too much work stress. Charts also help you to understand the role of corporate wellness program in controlling the work stress among many corporate employees at all the management levels.

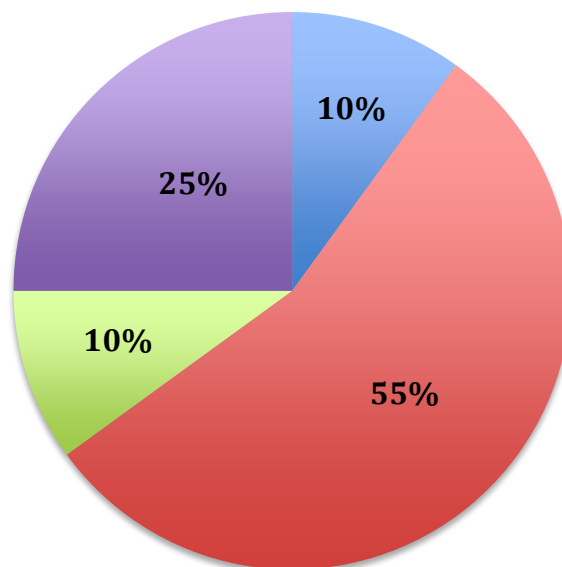
Job Stress Level

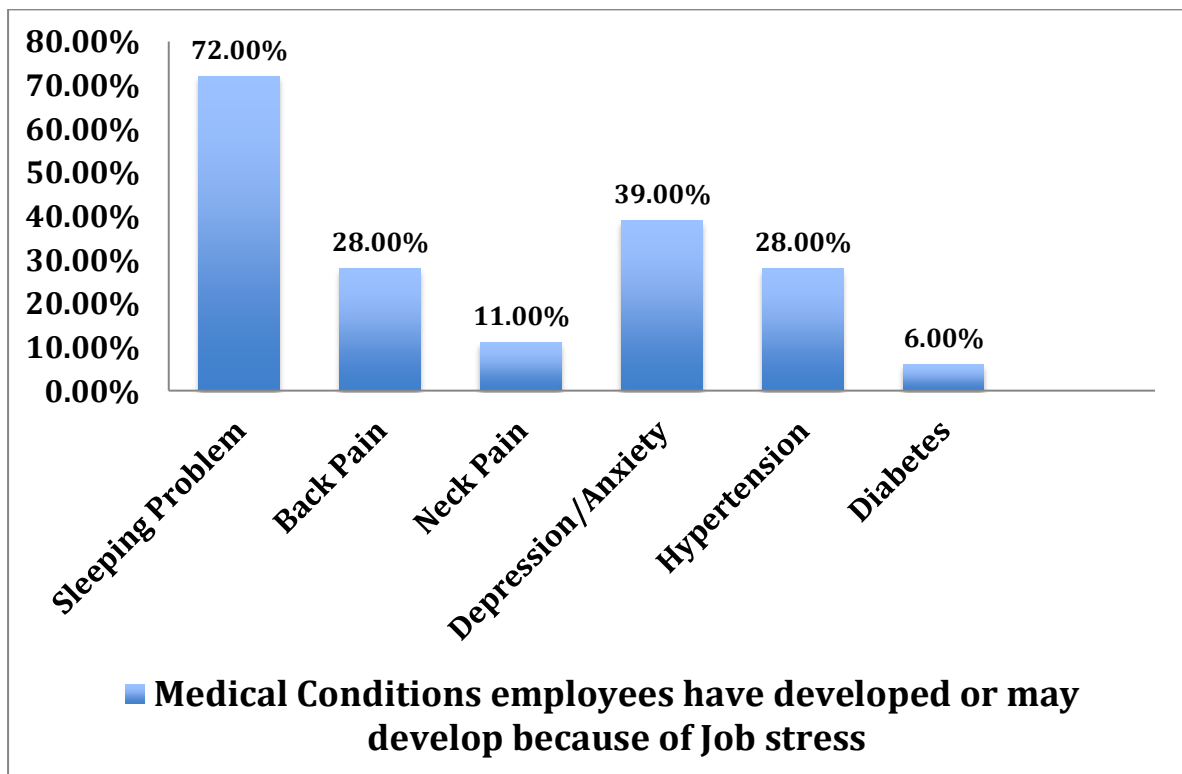
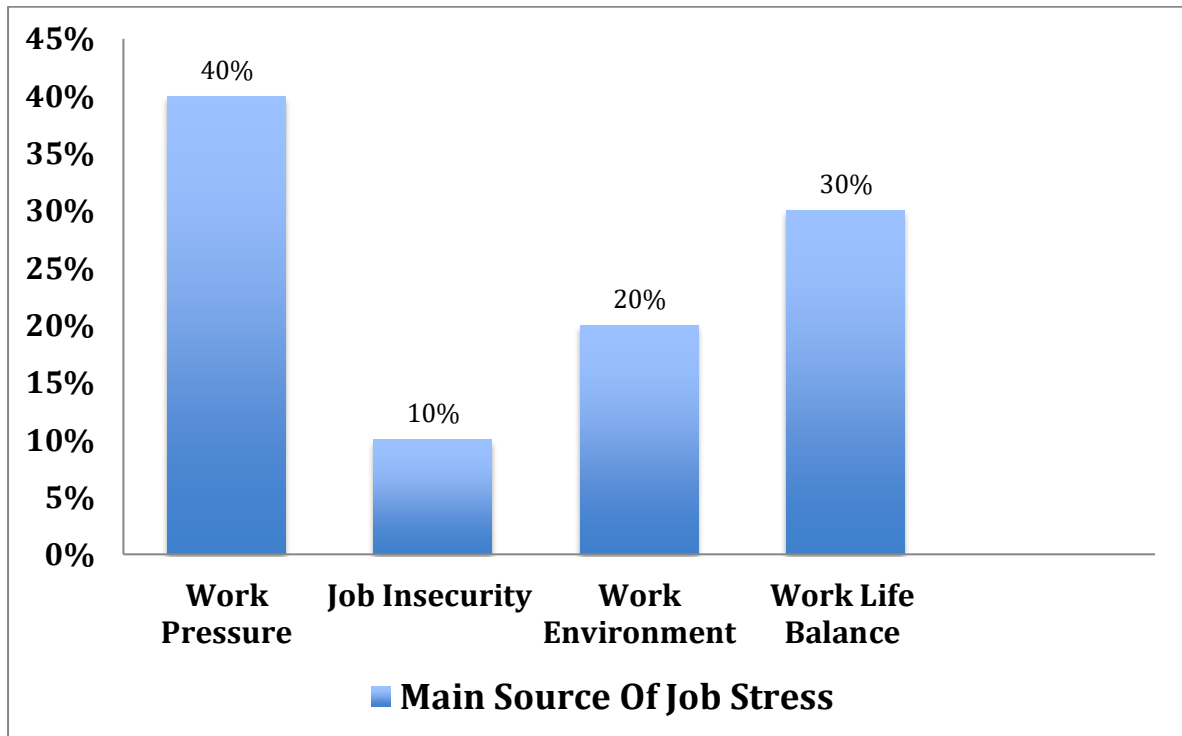
■ A Lot ■ Not Much ■ Very Less



How Often Do You Feel Stress

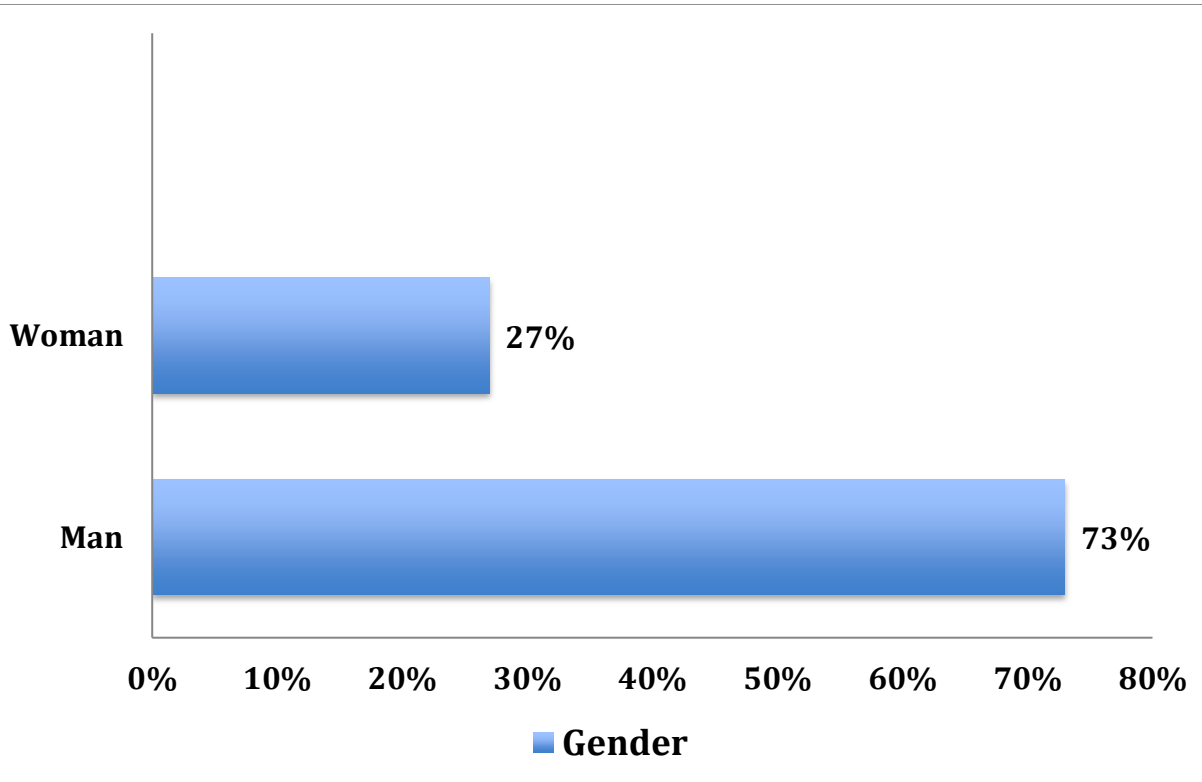
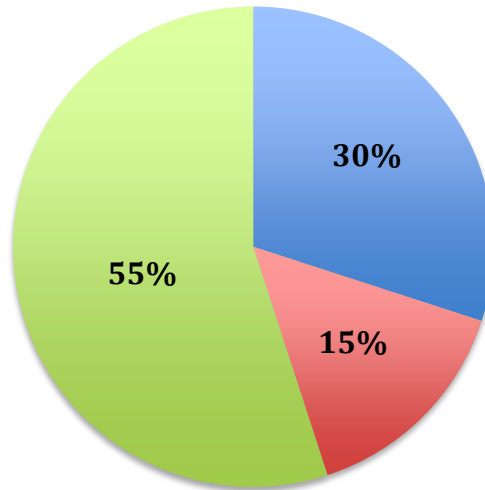
■ Always ■ Most of the times ■ About Half of The times ■ Once in a while





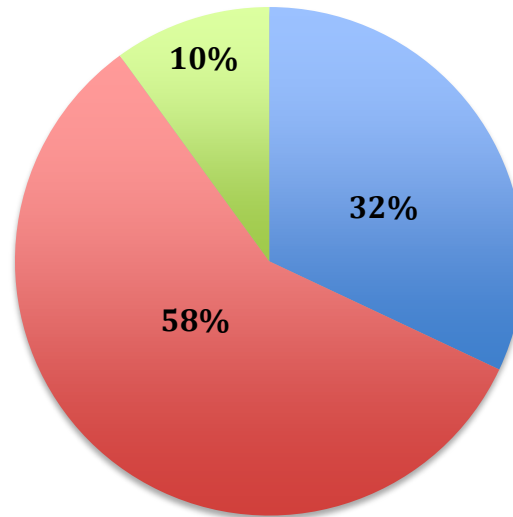
Does Corporate Wellness Program Help In Reducing Work Stress

■ Yes ■ No ■ May Be

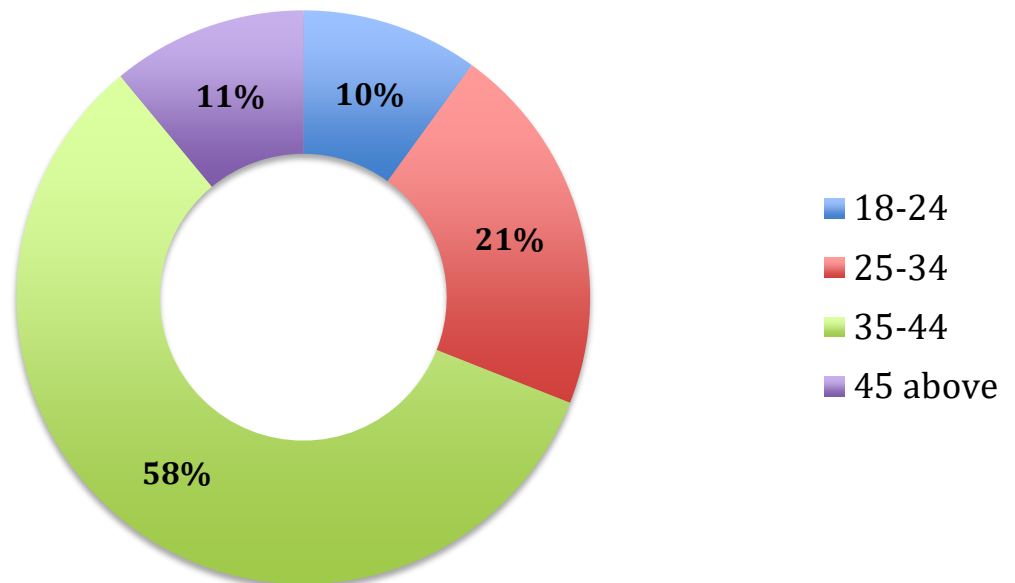


Management Level

■ Top ■ Middle ■ Lower



Age Group

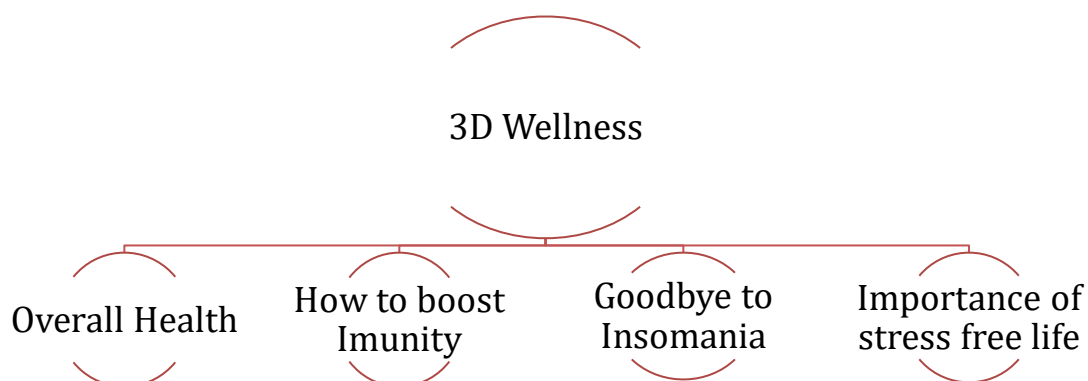


About 3 D Wellness

Wellness is act of practicing healthy habits on a daily basis to attain better physical and mental outcomes. A healthy body and active mind is the foundation for productive output. 3D Wellness offers all the three dimensions of Wellness: Food, Body & Mind. Our workshops offer an unique package, providing an integrated benefits of all 3 dimensions of wellness enabling employees to work to their full potential.

- **Dimension 1 - Food:** Offers practical solutions to make your food your medicine
- **Dimension 2 - Physical activity:** Deals with simple, effective and time saving activities to keep one active throughout the day.
- **Dimension 3 - Mind:** Helps you to be calm and composed to make wise decisions

3D Wellness program covers the following topics:



Benefits of 3D Wellness Corporate Program:

- Improve the employee performance both quantitatively and qualitatively
- Reduce employee absenteeism and turnover
- Minimize industrial unrest and indiscipline
- Improve employee morale and motivation
- Help in creating conducive environment to work
- Make employee more happy and responsible
- Help one to handle complex situations with ease

