



# STRESS AND BURN OUT: COSTING MILLIONS\*

New data from NESCAFÉ reveals that 81% of construction workers in the UK have taken sick leave as they felt they needed to take a break and rebuild their energy



**53%**

Over half have left a job before because it was too stressful

**74%**

Three quarters said they talk to colleagues about problems at work

**96%**

Said that talking to colleagues helps relieve day to day pressures at work

**99%**

Said that getting together for a coffee break is important for team morale

**MAKE CHAT WORK**

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\*The cost of mental health-related sickness absence reached a record high of £56bn in 2020/21 (Deloitte 2022).

<https://www2.deloitte.com/content/dam/Deloitte/uk/Documents/consultancy/deloitte-uk-mental-health-report-2022.pdf>

Survey results source: 350 UK construction workers / tradespeople in SME companies of 5-250 employees 59% male, 41% female. Conducted by 3GEM on behalf of NESCAFÉ, October 2022.