

# Self-care is non-negotiable, especially in the workplace.

## Impact on employee health

Our cultural obsession with work and busyness is having damaging effects on our mental and physical health. As we reported in [this infographic](#), fifty percent of adults work more than forty hours a week, and 75% of Americans describe their work as stressful. One way of coping with the stress is to skip work, which is what approximately one million workers do every day. Of the employees who do show up to work, 51% say they aren't as productive because of the stress. In the long run, work-related stress and anxiety can contribute to depression, which is now the leading cause of disability worldwide.

Working too hard is also hurting our bodies. We're spending obscene amounts of time sitting in transit, at desks, and meetings. Truck and taxi drivers have particularly sedentary schedules, as do security guards, engineers, programmers, and so on. This lack of movement is known to cause high blood pressure, obesity, increased risk of certain cancers, and musculoskeletal problems in the long run. Conversely, many of us work jobs that require a lot of heavy lifting, excessive time spent on one's feet, noisy and/or claustrophobic environments, and other unhealthy conditions the human body wasn't designed to endure for hours on end.