

## UK workers more stressed than other Europeans

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Latest statistics from Totaljobs.com reports that the UK feels more stressed at work than colleagues in the rest of Europe according to [HR Magazine](#).

- A mere 13% of UK employees feel no stress at work compared to the European average of 42%
- The French and the Dutch are the least stressed with 64% suffering no workplace stress
- Back in the UK 24% of those asked admitted to feeling more stressed this year than at the same time last year



“Work is the most stressful factor in most people’s live,” commented Emma Mamo, the Head of Workplace Wellbeing at the mental health charity MIND. “While a little bit of pressure can be great for motivation and productivity, sustained and unwelcome stress can be hugely damaging and lead to depression, anxiety and other mental health problems,” she admitted.

Including interior planting in workplaces can help to alleviate stress alongside awareness by the employers. [Margaret Burchett](#) working out of the University of Technology in Sydney, Australia found that even one plant can have a really positive effect on employees.



- Stress could be reduced by 50%
- Anger reduced by 44%
- Anxiety relieved by 37%

While

- Focus, happiness and positivity could all be increased by 30%, 58% and 65% respectively

Meanwhile in Norway researchers found that the more plants we can see from our desks at work, the less stressed we feel.



All good reasons for ensuring that work spaces have interior planting as a means to better health and productivity.

