

6.2: WATCH- The Cost of Workplace Stress and How to Reduce It

The cost of workplace stress

By some estimates, work-related stress drains the US economy of nearly 300 billion dollars a year -- and it can hurt your productivity and personal health too, says wellness advocate Rob Cooke. He shares some strategies to help put your mental, physical and emotional well-being back at the forefront.

Watch this video to learn more about the costs of workplace stress and strategies to reduce both.



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