

# **Workplace Stress Management Market Size, Share & Trends Analysis Report By Service (Stress Assessment, Yoga & Meditation, Resilience Training), By End-use, By Delivery Mode, By Region, And Segment Forecasts, 2025 - 2030**

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## **Abstracts**

This report can be delivered to the clients within 5 Business Days

### **Workplace Stress Management Market Growth & Trends**

The global workplace stress management market size is expected to reach USD 9.47 billion by 2030, registering a CAGR of 4.3% from 2025 to 2030, according to a new report by Grand View Research, Inc. Rising promotion of employee health and wellbeing is augmenting the market growth. Many enterprises in different industry verticals implement employee health programs boosting market demand for workplace stress management services.

According to the American Psychological Association, 58% of the country's population claims workplace as a significant source of stress. Occupational stress resulted in a loss of USD 300 billion due to employee illness, absenteeism, and productivity.

In 2018, a survey conducted by Cigna TTK Health Insurance observed that around 89% of the Indian population suffer from stress as compared to the global average of 86%. Work and finances are the major cause of stress. However, over half of the respondents claimed to receive support and involvement in workplace wellness programs.

Workplace stress management can be set up as a brief meeting with HR personnel. The nature of the meeting should be confidential, non-threatening, and open, providing

an opportunity to discuss and identify support that helps the employee cope with stress. Employers conduct workplace stress management at an organizational level to incorporate a strong working culture, ensure employee retention and gain transparency in everyday business.

## Workplace Stress Management Market Report Highlights

Based on service, the stress assessment segment dominated the market with a revenue share of 34.9% in 2024, driven by the increasing focus on employee mental health and well-being.

The yoga & meditation segment is projected to grow at the highest CAGR of 5.9% over the forecast period, fueled by the increasing interest in holistic health practices.

The personal fitness trainers dominated the market with the largest revenue share in 2024, driven by their essential role in promoting physical health to alleviate workplace stress.

The meditation specialists segment is projected to grow at a significant CAGR over the forecast period, which can be attributed to the rising interest in mindfulness practices as effective tools for managing stress.

The large scale organizations segment dominated the market with the largest revenue share in 2024, driven by its ability to invest significantly in comprehensive stress management programs.

North America workplace stress management market held the highest revenue share of 39.5% in 2024, driven by a strong focus on employee wellness initiatives and mental health awareness.

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