

Workplace Stress Management Market Report by Service (Stress Assessment, Yoga and Meditation, Resilience Training, Progress Tracking Metrics, and Others), Delivery Mode (Individual Counselors, Personal Fitness Trainers, Meditation Specialists, and Others), Activity (Indoor, Outdoor), End User (Small Scale Organizations, Medium Scale Organizations, Large Scale Organizations), and Region 2024-2032

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Abstracts

The global workplace stress management market size reached US\$ 12.5 Billion in 2023. Looking forward, IMARC Group expects the market to reach US\$ 23.0 Billion by 2032, exhibiting a growth rate (CAGR) of 6.9% during 2024-2032.

Workplace stress refers to the adverse physical and emotional response generated due to prolonged conflicts between the employee and job requirements. It is usually developed by excessive occupational pressure and a low level of individual control over the tasks and performance. Workplace stress management involves the delivery of various tools and services that aid in minimizing and dealing with the stressors. Organizations conduct stress assessment tests, counseling sessions, resiliency trainings and progress tracking programs and offer services of psychologists, personal fitness trainers and meditation specialists. These programs aid in enhancing overall efficiency, minimizing the loss of productivity and fostering physical and mental wellbeing among the employees.

Workplace Stress Management Market Trends:

The increasing prevalence of various mental disorders, such as depression, anxiety and

chronic fatigue, among the masses is one of the key factors driving the growth of the market. Moreover, rising awareness regarding employee wellbeing is providing a thrust to the market growth. Organizations are widely adopting systematic approaches for identifying and assessing situations and triggers that can cause stress in the employees. Workplace stress management programs also aid in improving the attendance levels, management styles and internal communications. In line with this, the onset of the coronavirus (Covid-19) pandemic has further enhanced the requirement for effective workplace stress management solutions to address the psychological challenges experienced by the employees working from home. The pandemic has also led to significant financial and personal loss, which has severely impacted the mental health of the individuals. Additionally, the widespread adoption of digital and online self-assessment tests is creating a positive outlook for the market. Other factors, including rising health consciousness among the masses, along with the implementation of favorable government policies to promote occupational safety and health (OSH) are anticipated to drive the market toward growth.

Key Market Segmentation:

IMARC Group provides an analysis of the key trends in each sub-segment of the global workplace stress management market report, along with forecasts at the global, regional and country level from 2024-2032. Our report has categorized the market based on service, delivery mode, activity, and end user.

Breakup by Service:

- Stress Assessment
- Yoga and Meditation
- Resilience Training
- Progress Tracking Metrics
- Others

Breakup by Delivery Mode:

- Individual Counselors
- Personal Fitness Trainers
- Meditation Specialists
- Others

Breakup by Activity:

Indoor
Outdoor

Breakup by End User:

Small Scale Organizations
Medium Scale Organizations
Large Scale Organizations

Breakup by Region:

North America
United States
Canada
Asia-Pacific
China
Japan
India
South Korea
Australia
Indonesia
Others
Europe
Germany
France
United Kingdom
Italy
Spain
Russia
Others
Latin America
Brazil
Mexico
Others
Middle East and Africa

Competitive Landscape:

The competitive landscape of the industry has also been examined along with the profiles of the key players being Asset Health Inc., Cascade Centers Inc., Central

Corporate Wellness Pte. Ltd., ComPsych Corporation, CuraLinc Healthcare, CVS Health Corporation, Fitbit LLC (Alphabet Inc.), Headspace Inc., Marino Wellness LLC, Sol Wellness LLC, Truworth Health Technologies Pvt. Ltd. and Wellness Corporate Solutions LLC.

Key Questions Answered in This Report:

How has the global workplace stress management market performed so far and how will it perform in the coming years?

What has been the impact of COVID-19 on the global workplace stress management market?

What are the key regional markets?

What is the breakup of the market based on the service?

What is the breakup of the market based on the delivery mode?

What is the breakup of the market based on the activity?

What is the breakup of the market based on the end user?

What are the various stages in the value chain of the industry?

What are the key driving factors and challenges in the industry?

What is the structure of the global workplace stress management market and who are the key players?

What is the degree of competition in the industry?

Contents

1 PREFACE

2 SCOPE AND METHODOLOGY

- 2.1 Objectives of the Study
- 2.2 Stakeholders
- 2.3 Data Sources
 - 2.3.1 Primary Sources
 - 2.3.2 Secondary Sources
- 2.4 Market Estimation
 - 2.4.1 Bottom-Up Approach
 - 2.4.2 Top-Down Approach
- 2.5 Forecasting Methodology

3 EXECUTIVE SUMMARY

4 INTRODUCTION

- 4.1 Overview
- 4.2 Key Industry Trends

5 GLOBAL WORKPLACE STRESS MANAGEMENT MARKET

- 5.1 Market Overview
- 5.2 Market Performance
- 5.3 Impact of COVID-19
- 5.4 Market Forecast

6 MARKET BREAKUP BY SERVICE

- 6.1 Stress Assessment
 - 6.1.1 Market Trends
 - 6.1.2 Market Forecast
- 6.2 Yoga and Meditation
 - 6.2.1 Market Trends
 - 6.2.2 Market Forecast
- 6.3 Resilience Training

- 6.3.1 Market Trends
- 6.3.2 Market Forecast
- 6.4 Progress Tracking Metrics
 - 6.4.1 Market Trends
 - 6.4.2 Market Forecast
- 6.5 Others
 - 6.5.1 Market Trends
 - 6.5.2 Market Forecast

7 MARKET BREAKUP BY DELIVERY MODE

- 7.1 Individual Counselors
 - 7.1.1 Market Trends
 - 7.1.2 Market Forecast
- 7.2 Personal Fitness Trainers
 - 7.2.1 Market Trends
 - 7.2.2 Market Forecast
- 7.3 Meditation Specialists
 - 7.3.1 Market Trends
 - 7.3.2 Market Forecast
- 7.4 Others
 - 7.4.1 Market Trends
 - 7.4.2 Market Forecast

8 MARKET BREAKUP BY ACTIVITY

- 8.1 Indoor
 - 8.1.1 Market Trends
 - 8.1.2 Market Forecast
- 8.2 Outdoor
 - 8.2.1 Market Trends
 - 8.2.2 Market Forecast

9 MARKET BREAKUP BY END USER

- 9.1 Small Scale Organizations
 - 9.1.1 Market Trends
 - 9.1.2 Market Forecast
- 9.2 Medium Scale Organizations

- 9.2.1 Market Trends
- 9.2.2 Market Forecast
- 9.3 Large Scale Organizations
 - 9.3.1 Market Trends
 - 9.3.2 Market Forecast

10 MARKET BREAKUP BY REGION

- 10.1 North America
 - 10.1.1 United States
 - 10.1.1.1 Market Trends
 - 10.1.1.2 Market Forecast
 - 10.1.2 Canada
 - 10.1.2.1 Market Trends
 - 10.1.2.2 Market Forecast
- 10.2 Asia-Pacific
 - 10.2.1 China
 - 10.2.1.1 Market Trends
 - 10.2.1.2 Market Forecast
 - 10.2.2 Japan
 - 10.2.2.1 Market Trends
 - 10.2.2.2 Market Forecast
 - 10.2.3 India
 - 10.2.3.1 Market Trends
 - 10.2.3.2 Market Forecast
 - 10.2.4 South Korea
 - 10.2.4.1 Market Trends
 - 10.2.4.2 Market Forecast
 - 10.2.5 Australia
 - 10.2.5.1 Market Trends
 - 10.2.5.2 Market Forecast
 - 10.2.6 Indonesia
 - 10.2.6.1 Market Trends
 - 10.2.6.2 Market Forecast
 - 10.2.7 Others
 - 10.2.7.1 Market Trends
 - 10.2.7.2 Market Forecast
- 10.3 Europe
 - 10.3.1 Germany

- 10.3.1.1 Market Trends
- 10.3.1.2 Market Forecast
- 10.3.2 France
 - 10.3.2.1 Market Trends
 - 10.3.2.2 Market Forecast
- 10.3.3 United Kingdom
 - 10.3.3.1 Market Trends
 - 10.3.3.2 Market Forecast
- 10.3.4 Italy
 - 10.3.4.1 Market Trends
 - 10.3.4.2 Market Forecast
- 10.3.5 Spain
 - 10.3.5.1 Market Trends
 - 10.3.5.2 Market Forecast
- 10.3.6 Russia
 - 10.3.6.1 Market Trends
 - 10.3.6.2 Market Forecast
- 10.3.7 Others
 - 10.3.7.1 Market Trends
 - 10.3.7.2 Market Forecast
- 10.4 Latin America
 - 10.4.1 Brazil
 - 10.4.1.1 Market Trends
 - 10.4.1.2 Market Forecast
 - 10.4.2 Mexico
 - 10.4.2.1 Market Trends
 - 10.4.2.2 Market Forecast
 - 10.4.3 Others
 - 10.4.3.1 Market Trends
 - 10.4.3.2 Market Forecast
- 10.5 Middle East and Africa
 - 10.5.1 Market Trends
 - 10.5.2 Market Breakup by Country
 - 10.5.3 Market Forecast

11 SWOT ANALYSIS

- 11.1 Overview
- 11.2 Strengths

11.3 Weaknesses

11.4 Opportunities

11.5 Threats

12 VALUE CHAIN ANALYSIS

13 PORTERS FIVE FORCES ANALYSIS

13.1 Overview

13.2 Bargaining Power of Buyers

13.3 Bargaining Power of Suppliers

13.4 Degree of Competition

13.5 Threat of New Entrants

13.6 Threat of Substitutes

14 PRICE ANALYSIS

15 COMPETITIVE LANDSCAPE

15.1 Market Structure

15.2 Key Players

15.3 Profiles of Key Players

15.3.1 Asset Health Inc.

15.3.1.1 Company Overview

15.3.1.2 Product Portfolio

15.3.2 Cascade Centers Inc.

15.3.2.1 Company Overview

15.3.2.2 Product Portfolio

15.3.3 Central Corporate Wellness Pte. Ltd.

15.3.3.1 Company Overview

15.3.3.2 Product Portfolio

15.3.4 ComPsych Corporation

15.3.4.1 Company Overview

15.3.4.2 Product Portfolio

15.3.5 CuraLinc Healthcare

15.3.5.1 Company Overview

15.3.5.2 Product Portfolio

15.3.6 CVS Health Corporation

15.3.6.1 Company Overview

- 15.3.6.2 Product Portfolio
- 15.3.6.3 Financials
- 15.3.6.4 SWOT Analysis
- 15.3.7 Fitbit LLC (Alphabet Inc.)
 - 15.3.7.1 Company Overview
 - 15.3.7.2 Product Portfolio
- 15.3.8 Headspace Inc.
 - 15.3.8.1 Company Overview
 - 15.3.8.2 Product Portfolio
- 15.3.9 Marino Wellness LLC
 - 15.3.9.1 Company Overview
 - 15.3.9.2 Product Portfolio
- 15.3.10 Sol Wellness LLC
 - 15.3.10.1 Company Overview
 - 15.3.10.2 Product Portfolio
- 15.3.11 Truworth Health Technologies Pvt. Ltd.
 - 15.3.11.1 Company Overview
 - 15.3.11.2 Product Portfolio
- 15.3.12 Wellness Corporate Solutions LLC
 - 15.3.12.1 Company Overview
 - 15.3.12.2 Product Portfolio

List Of Tables

LIST OF TABLES

Table 1: Global: Workplace Stress Management Market: Key Industry Highlights, 2023 and 2032

Table 2: Global: Workplace Stress Management Market Forecast: Breakup by Service (in Million US\$), 2024-2032

Table 3: Global: Workplace Stress Management Market Forecast: Breakup by Delivery Mode (in Million US\$), 2024-2032

Table 4: Global: Workplace Stress Management Market Forecast: Breakup by Activity (in Million US\$), 2024-2032

Table 5: Global: Workplace Stress Management Market Forecast: Breakup by End User (in Million US\$), 2024-2032

Table 6: Global: Workplace Stress Management Market Forecast: Breakup by Region (in Million US\$), 2024-2032

Table 7: Global: Workplace Stress Management Market: Competitive Structure

Table 8: Global: Workplace Stress Management Market: Key Players

List Of Figures

LIST OF FIGURES

Figure 1: Global: Workplace Stress Management Market: Major Drivers and Challenges

Figure 2: Global: Workplace Stress Management Market: Sales Value (in Billion US\$), 2018-2023

Figure 3: Global: Workplace Stress Management Market Forecast: Sales Value (in Billion US\$), 2024-2032

Figure 4: Global: Workplace Stress Management Market: Breakup by Service (in %), 2023

Figure 5: Global: Workplace Stress Management Market: Breakup by Delivery Mode (in %), 2023

Figure 6: Global: Workplace Stress Management Market: Breakup by Activity (in %), 2023

Figure 7: Global: Workplace Stress Management Market: Breakup by End User (in %), 2023

Figure 8: Global: Workplace Stress Management Market: Breakup by Region (in %), 2023

Figure 9: Global: Workplace Stress Management (Stress Assessment) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 10: Global: Workplace Stress Management (Stress Assessment) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 11: Global: Workplace Stress Management (Yoga and Meditation) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 12: Global: Workplace Stress Management (Yoga and Meditation) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 13: Global: Workplace Stress Management (Resilience Training) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 14: Global: Workplace Stress Management (Resilience Training) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 15: Global: Workplace Stress Management (Progress Tracking Metrics) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 16: Global: Workplace Stress Management (Progress Tracking Metrics) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 17: Global: Workplace Stress Management (Other Services) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 18: Global: Workplace Stress Management (Other Services) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 19: Global: Workplace Stress Management (Individual Counselors) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 20: Global: Workplace Stress Management (Individual Counselors) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 21: Global: Workplace Stress Management (Personal Fitness Trainers) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 22: Global: Workplace Stress Management (Personal Fitness Trainers) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 23: Global: Workplace Stress Management (Meditation Specialists) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 24: Global: Workplace Stress Management (Meditation Specialists) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 25: Global: Workplace Stress Management (Other Delivery Modes) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 26: Global: Workplace Stress Management (Other Delivery Modes) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 27: Global: Workplace Stress Management (Indoor) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 28: Global: Workplace Stress Management (Indoor) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 29: Global: Workplace Stress Management (Outdoor) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 30: Global: Workplace Stress Management (Outdoor) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 31: Global: Workplace Stress Management (Small Scale Organizations) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 32: Global: Workplace Stress Management (Small Scale Organizations) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 33: Global: Workplace Stress Management (Medium Scale Organizations) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 34: Global: Workplace Stress Management (Medium Scale Organizations) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 35: Global: Workplace Stress Management (Large Scale Organizations) Market: Sales Value (in Million US\$), 2018 & 2023

Figure 36: Global: Workplace Stress Management (Large Scale Organizations) Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 37: North America: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 38: North America: Workplace Stress Management Market Forecast: Sales

Value (in Million US\$), 2024-2032

Figure 39: United States: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 40: United States: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 41: Canada: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 42: Canada: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 43: Asia-Pacific: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 44: Asia-Pacific: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 45: China: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 46: China: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 47: Japan: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 48: Japan: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 49: India: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 50: India: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 51: South Korea: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 52: South Korea: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 53: Australia: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 54: Australia: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 55: Indonesia: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 56: Indonesia: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 57: Others: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 58: Others: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 59: Europe: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 60: Europe: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 61: Germany: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 62: Germany: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 63: France: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 64: France: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 65: United Kingdom: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 66: United Kingdom: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 67: Italy: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 68: Italy: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 69: Spain: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 70: Spain: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 71: Russia: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 72: Russia: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 73: Others: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 74: Others: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 75: Latin America: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 76: Latin America: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 77: Brazil: Workplace Stress Management Market: Sales Value (in Million US\$),

2018 & 2023

Figure 78: Brazil: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 79: Mexico: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 80: Mexico: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 81: Others: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 82: Others: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 83: Middle East and Africa: Workplace Stress Management Market: Sales Value (in Million US\$), 2018 & 2023

Figure 84: Middle East and Africa: Workplace Stress Management Market: Breakup by Country (in %), 2023

Figure 85: Middle East and Africa: Workplace Stress Management Market Forecast: Sales Value (in Million US\$), 2024-2032

Figure 86: Global: Workplace Stress Management Industry: SWOT Analysis

Figure 87: Global: Workplace Stress Management Industry: Value Chain Analysis

Figure 88: Global: Workplace Stress Management Industry: Porter's Five Forces Analysis

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