

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?

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