

Global Workplace Stress Management Market (2019-2025)

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Abstracts

The Global Workplace Stress Management Market size is expected to reach \$11.3 billion by 2025, rising at a market growth of 8.5% CAGR during the forecast period. Stress is a major health issue of modern times which affects millions of people worldwide. Individuals are suffering from many forms of stress. Stress at the workplace is among the most common types of stress. Excessive occupational tension affects workers' productivity, efficiency, and physical and emotional wellbeing. Conditions such as anxiety, depression, fatigue, chronic headache, and apathy are among the common signs of excessive stress in the workplace. Managing stress at the workplace has become an important aspect of health care.

A stress risk assessment is a systematic method of recognizing and assessing factors that cause employee stress related to the work. Employers have a legitimate duty to protect workers from occupational stress by doing and acting on a risk assessment. The benefits of workplace stress management are fairly obvious. The quality of employees' working life will be better; their productivity and morale will boost; their attendance levels go up and the absence of sickness will go down—all of this can be achieved with stress management programs.

As more businesses understand the impact of the wellness of workers on the performance of corporations, more employers have incorporated various physical activities into their corporate wellness programs. Yoga has long been known to provide many mental and physical benefits and is finding its way into the workforce increasingly. Yoga poses and meditation will help to clear this mental clutter away, helping the workers become more alert, concentrated, and efficient. Yoga also enhances the distribution of blood within the brain and increases brain function. In addition, yoga and meditation can teach employees to have a directed, focused mind.



Based on Activity Type, the market is segmented into Indoor and Outdoor. Based on End User, the market is segmented into Large Scale Organizations, Medium Scale Organizations and Small Scale Organizations. Based on Service, the market is segmented into Stress Assessment, Yoga & Meditation, Resilience Training, Progress Tracking Metrics and Other Services. Based on Delivery Mode, the market is segmented into Personal Fitness Trainers, Meditation Specialists, Individual Counselors and Other Delivery Mode. Based on Regions, the market is segmented into North America, Europe, Asia Pacific, and Latin America, Middle East & Africa.

The market research report covers the analysis of key stake holders of the market. Key companies profiled in the report include CVS Health Corporation (ActiveHealth Management, Inc.), Fitbit, Inc., Asset Health Inc., ComPsych CorporationCuraLinc Healthcare LLC, Marino Wellness LLC, Wellness Corporate Solutions LLC, Wellsource, Inc., Sol Wellness, and Central Corporate Wellness Pte. Ltd.

SCOPE OF THE STUDY

Market Segmentation:

By Activity Type

Indoor

Outdoor

By End User

Large Scale Organizations

Medium Scale Organizations

Small Scale Organizations

By Service

Stress Assessment



Υ	oga & Meditation
R	esilience Training
Р	rogress Tracking Metrics
0	ther Services
By Delive	ery Mode
Р	ersonal Fitness Trainers
N	leditation Specialists
In	ndividual Counselors
0	ther Delivery Mode
By Geog	raphy
N	orth America
	US
	Canada
	Mexico
	Rest of North America
Europe	
	Germany
	UK



Fra	nce	
Rus	ssia	
Spa	ain	
Ital	У	
Res	st of Europe	
Asia Pacific		
Chi	na	
Jap	an	
Ind	ia	
Sou	uth Korea	
Sin	gapore	
Ma	laysia	
Res	st of Asia Pacific	
LAMEA		
Bra	zil	
Arg	entina	
UA	E	
Sau	udi Arabia	
Sou	uth Africa	
Nig	eria	



Rest of LAMEA

Companies Profiled	
CVS Health Corporation (ActiveHealth Management, Inc.)	
Fitbit, Inc.	
Asset Health Inc.	
ComPsych Corporation	
CuraLinc Healthcare LLC	
Marino Wellness LLC	
Wellness Corporate Solutions LLC	
Wellsource, Inc.	
Sol Wellness	
Central Corporate Wellness Pte. Ltd.	
Unique Offerings from KBV Research	
Exhaustive coverage	

Global Workplace Stress Management Market (2019-2025)

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