

# THE EFFECTS OF WORKING TOO MUCH



We joke about it when things get rough. We brush it off as “this is just the way it is” and tell each other “we’ll make it through.” We drink a few too many cups of coffee and set out to do the best work we can. While our intentions may be good, the fact is, the effects of working too much can be felt both personally and professionally.

## GREATER RISK OF HEART ATTACK

*HARVARD HEALTH*

Those working more than 55 hours per week have a 13% greater risk of a heart attack and 33% greater risk of a stroke, compared with those who worked 35-40 hours per week.

## INCREASED RISKY ALCOHOL USE

*NEW SCIENTIST*

If you work more than 48 hours/week, you’re more likely to engage in increased risky alcohol use (more than 14 drinks/week for women and more than 21 drinks/week for men).

## INCREASED INSOMNIA

*PLOS & HARVARD BUSINESS REVIEW*

75.9% of overwhelmed people reported much higher insomnia troubles; unfortunately, only 1-3% of the population can sleep 5-6 hours a night without suffering some performance drop-off.

## INCREASED FAST FOOD CONSUMPTION

*NATIONAL LIBRARY OF MEDICINE*

Burnout, which can be caused by working too much, is significantly associated with higher fast food consumption, infrequent exercise, and more frequent painkiller use.

## DECREASED MENTAL HEALTH

*JOURNAL OF HAPPINESS STUDIES*

Compared to workers who work less than 40 hours, the mental health scores among workers who work more than 55 hours per week worsens by up to 2.4 points.

## INCREASED RISK OF DEPRESSION

*SCIENCEDAILY*

Employees who work long hours (at least 60 per week) and have high job demands (defined as “usually” having too much work) are at higher risk of depression.

## NEGATIVE IMPACTS ON PERSONAL RELATIONSHIPS

*KORN FERRY*

76% of employees say stress at work has had a negative impact on their personal relationships.

## GREATER RISK OF COSTLY MISTAKES

*HARVARD BUSINESS REVIEW*

Overwork causes diminishing returns; by reducing the amount you’re working, you can increase output and decrease the chances of expensive mistakes or accidents.

## INCREASED CHANCE OF QUITTING

*THE AMERICAN INSTITUTE OF STRESS*

63% of workers are ready to quit their jobs as a result of workplace stress brought on by their boss, ineffective communication, a heavy workload, or unclear expectations.