

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.