

# Press Release



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## **Working women significantly more stressed than men, study reveals**

- *8 in 10 working women in UK report feeling stressed both at home and in the workplace*
  - *10% of working women also cite stress as 'unmanageable'*
- *Nearly two thirds of working women have no access to a workplace wellness programme*

**LONDON – March 25, 2019** – New research from Cigna has revealed that pressures in the workplace and at home are leading to working women feeling more stressed than men (79% women vs 66% men), with 10% of women finding their stress 'unmanageable'.

Heavy workloads (17%), personal health (13%) and financial concerns (13%) are the top stress triggers for working women in the UK, and 78% are not getting enough sleep (vs 65% of men).

The annual [Cigna 360 Well-Being Survey](#) also unveils women feel unsupported in the workplace, with 62% stating their employer did not have a formal workplace wellness programme in place. Nearly half (44%) believe senior management lack commitment to providing workplace wellness support. Given the high levels of stress amongst working women and an appetite for tailored wellness programmes, the health service provider is calling for employers to take note.

Phil Austin, Chief Executive Officer – Cigna Europe: "It's evident from our research that women are finding it difficult in today's society to balance work and life, resulting in higher levels of stress compared to men, so we're calling on employers to take action. We believe that sustained and evidence-based improvements to wellness programmes will create a less stressed working environment, within which women will be happier and more productive."

The pressures women face at work and home is part of a wider social issue present in today's society and it's significantly affecting their wellness. Only 27% are eating a balanced diet (vs 38% of men) and 28% are exercising on a regular basis (vs 36% of men). Men are sleeping more, have more regular exercise and eat healthier.

Three quarters (75%) of women do not feel positive about their finances (vs 62% of men) and almost half (46%) of the women surveyed do not believe they have a satisfactory salary (vs 56% of men). Only 17% have sufficient money for retirement (vs 34% of men) and of those with children, only 38% feel they are able to take care of their children's current financial needs. Men are more confident about their finances, happier with their salary and feel more comfortably set for retirement.

Stress amongst working women is not unique to the UK. Our findings illustrate the global epidemic, with a staggering 88% of working women around the globe feeling stressed, and 13% per cent are suffering from unmanageable stress.

Austin concludes: "With data from this survey and other research projects, Cigna can help improve the health, well-being and peace of mind of the people we serve. We are focused on providing solutions and support across all dimensions of well-being and are proud to work with some of UK's top employers to create a healthy and happy workforce."

Now in its fifth year, the Cigna 360 Well-Being Survey examines people's perceptions of well-being across five key pillars - physical, family, social, financial and work. This year's survey finds that despite slightly better overall scores in the UK, women still fall behind when it comes to their well-being, displaying higher levels of stress and finding it challenging to maintain physical and financial health.

The results reveal that the overall UK Well-Being Index increased slightly from 59.7 in 2018 to 62.5 in 2019. This means that, after a fall in previous years, the Index is improving. The UK now sits above the global average (62.0) and ranks higher than European markets such as Benelux (59.1), France (61.6) and Germany (61.6).

To read the full report, visit [2019 Cigna 360 Well-Being Survey – "Well and Beyond"](#).

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### **About Cigna**

Cigna is a global health service company and leading provider of health benefits and services to employers and some 65 million employees worldwide. In the UK, Cigna advocates and encourages a healthier lifestyle for employees to help prevent future ill health. We provide healthcare cover for many leading European companies to improve the physical, mental and dental health of their employees. To learn more, including links to follow us on social media, visit [www.cigna.co.uk](http://www.cigna.co.uk).