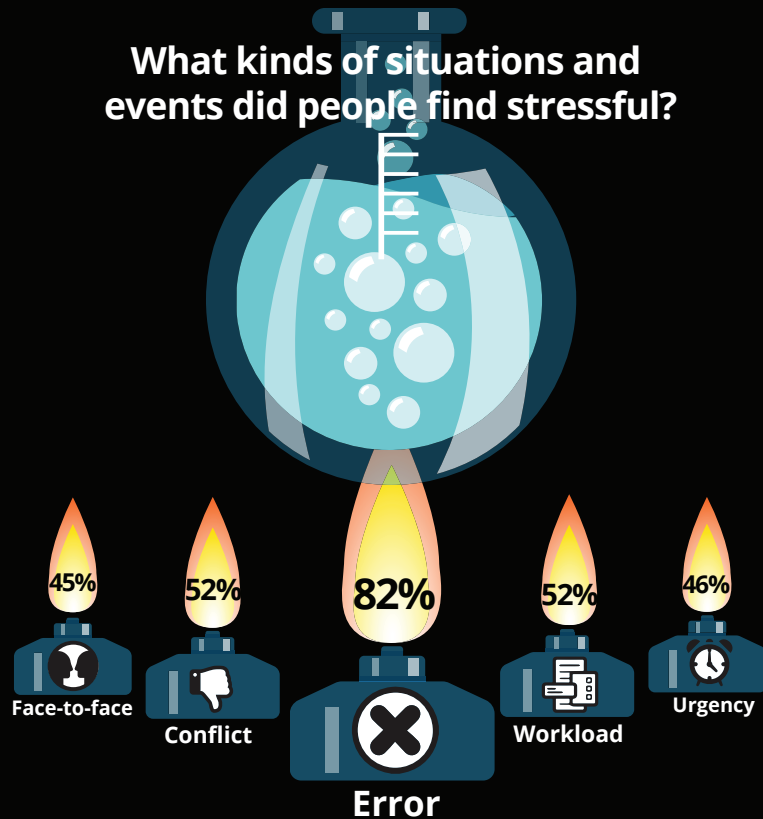




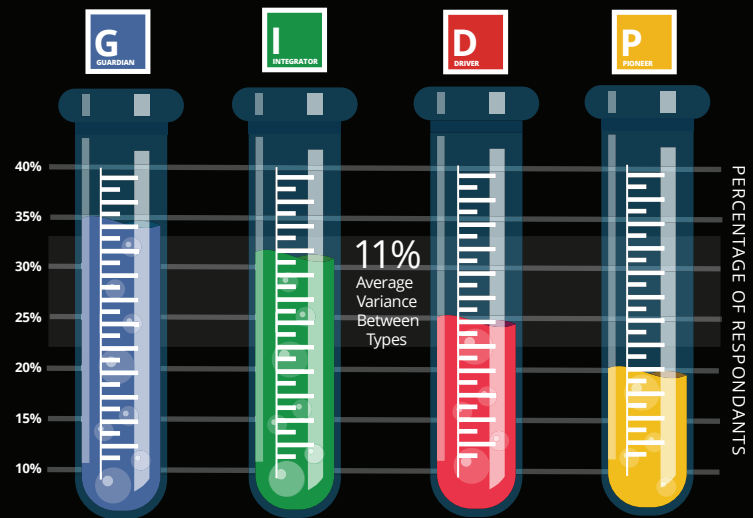
We conducted a survey to help uncover how various situations at work affect stress levels and coping strategies of people with different behavioral styles. The findings were illuminating:

## What kinds of situations and events did people find stressful?



Most respondents, regardless of their Business Chemistry type, agree that errors in the workplace are the greatest cause of stress.

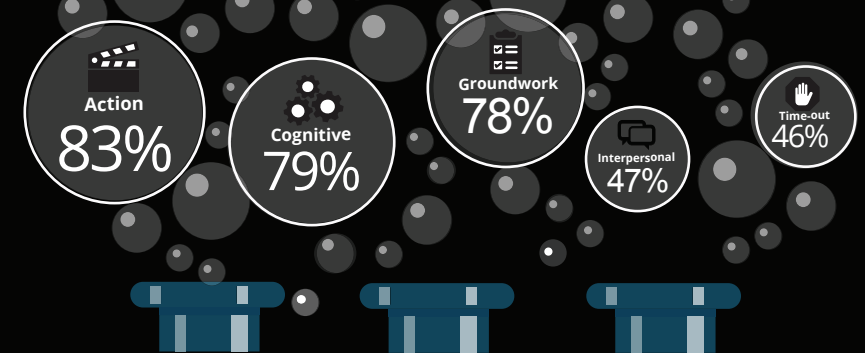
## Stress often occurs in the workplace; how do different Business Chemistry types experience it?



Guardians and Integrators are most likely to experience stress. These types also report that they are less productive when they are stressed.

Less than a quarter of Pioneers and Drivers report these levels of stress. These types actually report that stress makes them more productive.

## How do people relieve the pressure when it bubbles up?



Most respondents, across all Business Chemistry types, say they manage stress by taking action and tackling the issue head on.

## Every Business Chemistry type has a unique reaction when exposed to stress.

How stressed someone feels, what kinds of events are stressful, and how they prefer to cope all vary by Business Chemistry type. Understanding and appreciating these differences can be essential when working together. Particularly if you're a leader, recognizing differences can help you strengthen bonds and work towards solutions.

Read more about Business Chemistry and share your perspectives on our blog: [businesschemistryblog.com](http://businesschemistryblog.com)

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The findings in this research describe the findings from two separate surveys. A sample of 23,597 respondents were surveyed about current stress level, general stress level, and use of 15 stressfulness of specific situations. Sample 2 included 17,008 respondents who answered questions about general stress level, effectiveness under stress, and use of 12 different coping strategies. Learn more about the details of our survey at [www.deloitte.com/us/stress](http://www.deloitte.com/us/stress)

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