

Work/Life Balance Statistics



- 36% of workers say they often feel completely used up at the end of the day
- 85% of workers have daily responsibilities to go home too
- 70% of all parents feel they don't spend enough time with their children
- 75% of employees take care of personal business on the job
- Absenteeism has tripled in the past several years due to stress
- 87% of workers are seeking or have sought companies that were flexible, supportive, and understanding of personal and family needs
- 65% of workers say balancing their work and family responsibilities is extremely difficult
- 42% of college students and recent graduates said what they value most in making career choice decisions was work/life balance
- 52% of Gen-X employees put family first