

# MEN ARE WORKING THEMSELVES INTO AN EARLY GRAVE

MORE THAN 80% OF MEN ARE STRESSED AT WORK AND 60% ARE LOSING SLEEP OVER IT



## ALARM BELLS

- ▶ 81% find their work to be somewhat or very stressful
- ▶ 60% say this affects their ability to have a proper night's sleep
- ▶ 60% of Canadian men work more than 40 hours per week



## WORK-LIFE IMBALANCE

- ▶ 60% of men work when they are unwell or sick
- ▶ 46% often work extended hours
- ▶ 30% work while on vacation

The consequences of high stress and lack of sleep can be quite serious, including a higher risk of heart disease, type 2 diabetes, depression and other mental illnesses, low testosterone and obesity.

## SMALL CHANGES = BIG IMPACT

Making changes can be intimidating, but these simple tips are easily implemented and anyone can do them:

- ▶ Increasing the standing to sitting ratio
- ▶ Walking meetings
- ▶ Drinking more water and less sugary drinks
- ▶ No coffee after 3 pm
- ▶ Pack healthy snacks to eat throughout the day
- ▶ More screen breaks for your eyes and brain



[DontChangeMuch.ca](http://DontChangeMuch.ca)  
[MensHealthFoundation.ca](http://MensHealthFoundation.ca)  
[CanadianMensHealthWeek.ca](http://CanadianMensHealthWeek.ca)

## SOURCES

Available upon request. Please contact [info@menshealthfoundation.ca](mailto:info@menshealthfoundation.ca)