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WELLBEING SUFFERS AS STRESS LEVELS ESCALATE FOR AUSTRALIAN SMALL BUSINESS OWNERS

Australian small business owners are under immense pressure and risking their wellbeing, with almost half (45%) claiming their stress levels have increased in the past 12 months and a quarter feeling burnt out, according to Officeworks' inaugural Small Business Wellbeing Index.¹

The Index, based on research of more than 1,000 small business owners nationwide, revealed 40 per cent are struggling with trying to juggle everything themselves, and a further 22 per cent are experiencing loneliness and isolation.

Despite these significant issues, only a quarter of business owners are seeking support for stress, while a slightly higher percentage (29%) are seeking help for the business issues to which they attribute their lack of wellbeing.

In response to the challenges many small business owners face and to help them improve their wellbeing, Officeworks today launched its Small Business Coach event series which is travelling across the eastern seaboard and hosting free, inspirational breakfast events for small business owners.

Campaign ambassador, Carolyn Creswell, of Carman's Fine Foods said, "Being a small business owner is tough work and it becomes very easy to overlook the importance of business wellbeing as you try to stay on top of your daily workload.

Learning to maintain my business wellbeing has been one of the most important things that's contributed to Carman's Fine Foods' success. I hope to help small business owners achieve improved wellbeing through the Small Business Coach events."

According to the research, location and age are key indicators of business wellbeing. Small business owners from metropolitan areas are least likely to worry about ensuring their staff are happy and fulfilled at work, with 64 per cent agreeing it was a consideration compared to 83 per cent in rural areas.

Small business owners in rural Australia also enjoy work more than those in metropolitan areas, reporting the lowest ranking against feeling frustrated at work (59%), compared to small business owners in metro areas (82%).

The Index also found that young small business owners (18-34 year olds) experience more stress than their older counterparts, with almost half (47%) of 18-34 year olds revealing their stress levels at work had increased over the past 12 months compared to 28% for those aged over 50.

To register for a Small Business Coach event, a free online webinar, or for more inspiration and advice about how to improve your business wellbeing visit officeworks.com.au/smallbusinesscoach

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¹**Symphony Analytics and Research** conducted among 1,005 Australian small business owners (aged 18 years and over) Fieldwork took place between June 2015.

For further information, imagery or interview opportunities, please contact

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About Officeworks:

Established in Richmond in 1994, Officeworks is Australia's leading retailer and supplier of office products and solutions for home, business and education needs. With three easy ways to shop - in store, online or by phone, you'll be sure to find exactly what you need with our widest range, when you need, and all at the lowest prices. Plus, you'll enjoy friendly expert advice and helpful services. Named Power Retail's Top Online Retailer of 2014, Officeworks offers customers more than 20,000 products on its new and improved [website](#), which is its largest trading store, and operates a national call-centre and a team of expert account managers to cater for micro, small and medium business customers. As part of the Wesfarmers' group, Officeworks has an extensive national footprint operating more than 152 retail stores and employing more than 6,000 team members. Together with Bunnings, Officeworks forms the Home Improvement and Office Supplies division within Wesfarmers. Join Officeworks' online communities on [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#) as well as at its blog, [The Office Space](#) for inspiration to achieve your big ideas.