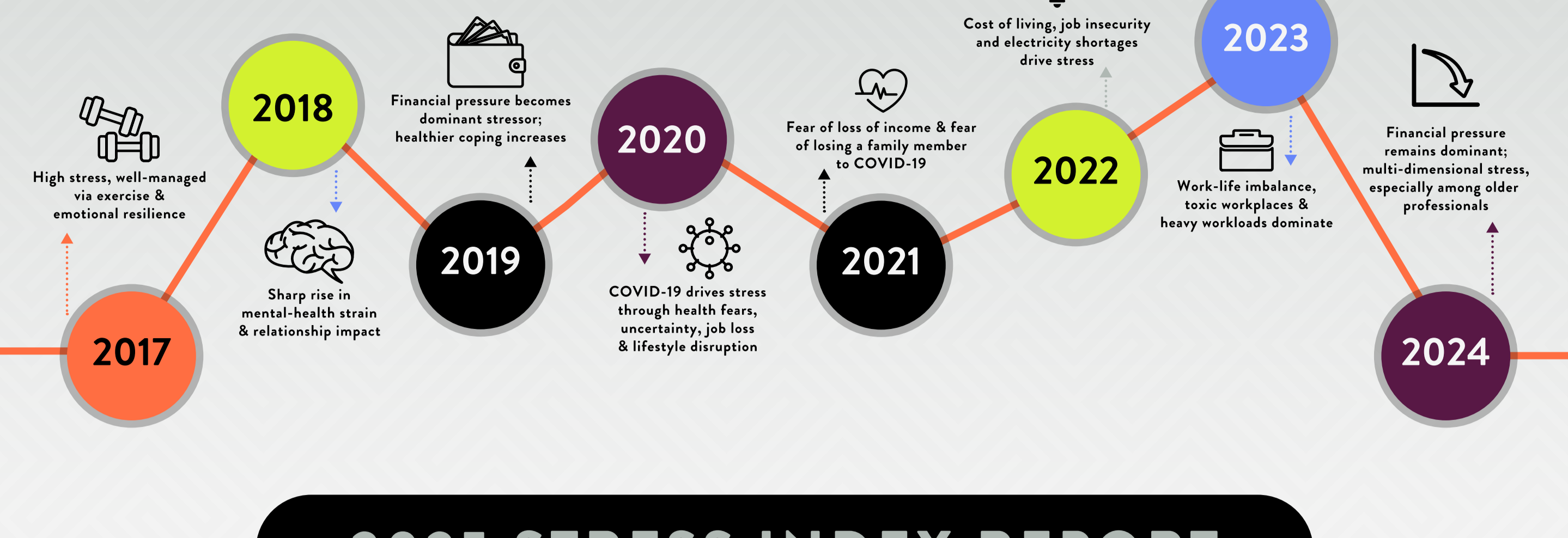


PROFMED

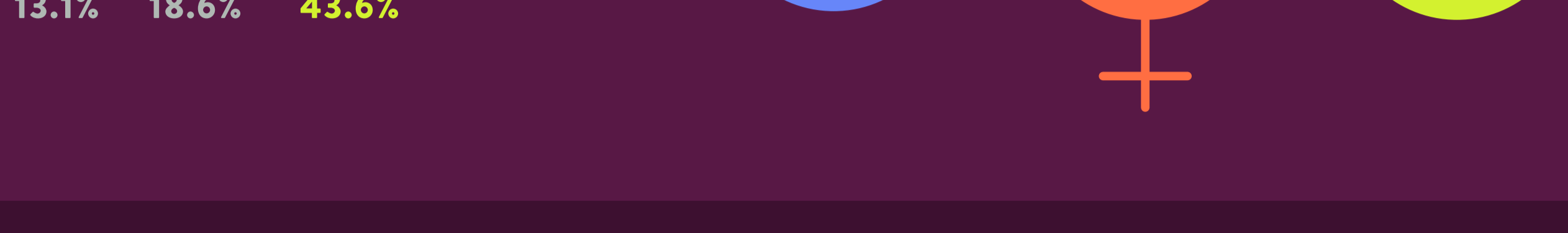
STRESS INDEX REPORT

The Profmed Stress Index provides a snapshot of how South African professionals are experiencing stress in today's working environment. While pressure has always been part of professional life, the findings suggest that stress is becoming more frequent, more intense and more difficult to switch off from. Understanding these patterns is a critical first step towards better support and prevention.



2025 STRESS INDEX REPORT

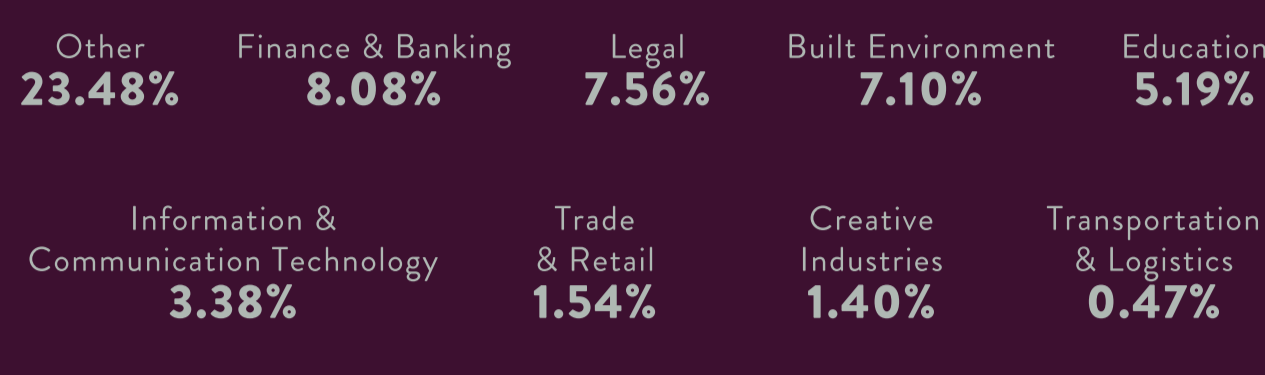
Age / Gender



Most stressed sector

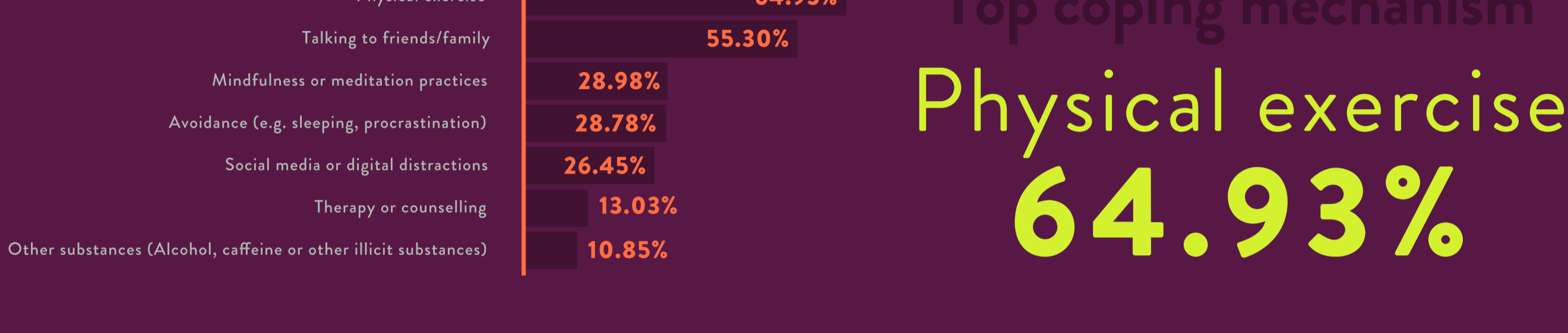
Stress is no longer confined to isolated periods of high demand. For many professionals, it is experienced as an ongoing condition rather than a temporary response. The data reflects how widespread elevated stress levels have become, reinforcing the need for early awareness and sustained support.

Healthcare **41.81%**



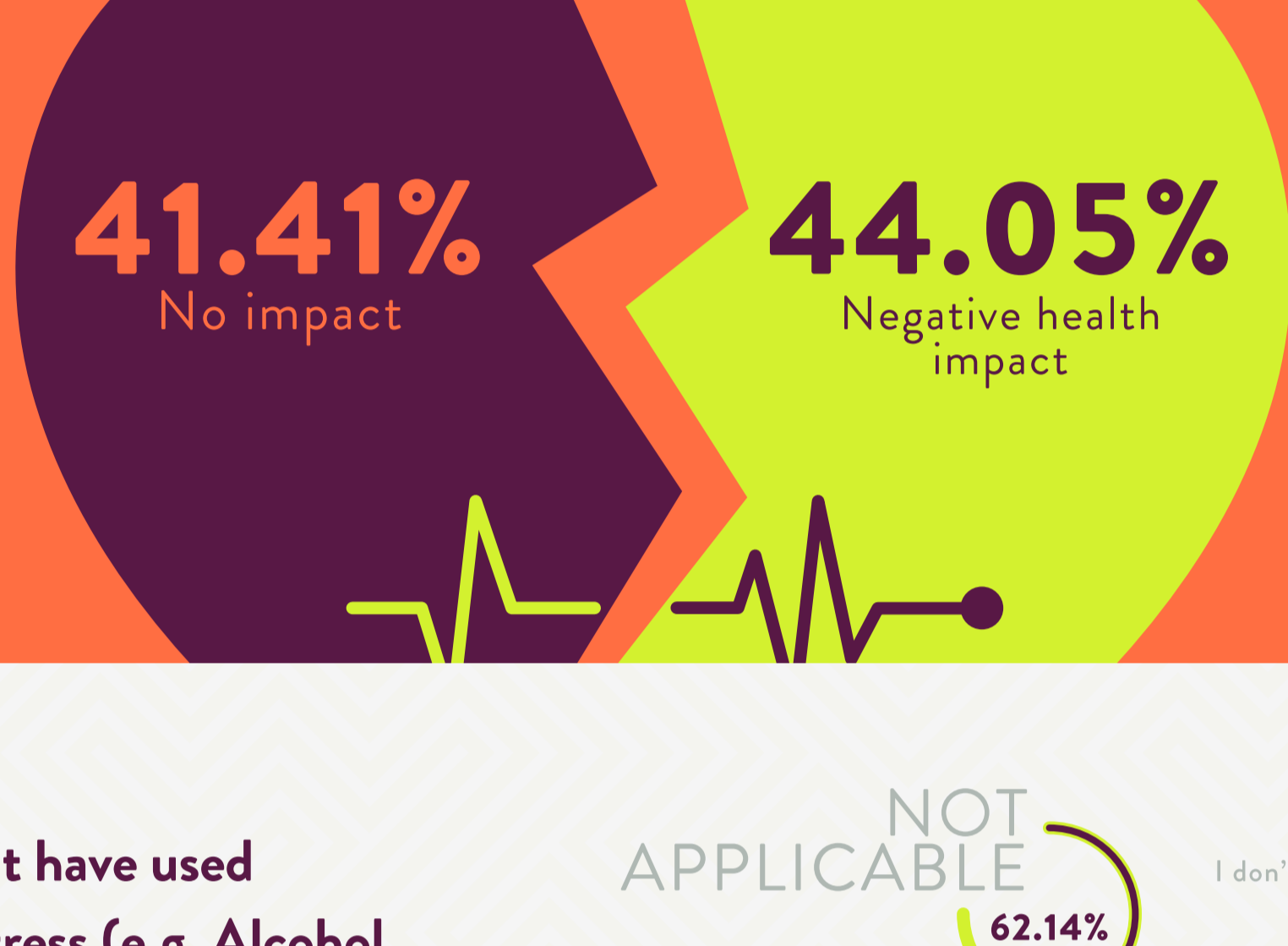
When feeling stressed, what coping mechanism do you turn to?

While many professionals recognise their stress levels, the ways in which they cope vary widely. The findings suggest that awareness does not always translate into effective stress management, highlighting an opportunity for more structured, preventative approaches to wellbeing.



Despite your coping strategies, have you felt that your stress levels are affecting your health or lifestyle negatively?

Experiencing stress occasionally is not unusual. However, when stress becomes frequent or constant, it can begin to erode resilience and recovery. These results point to a growing group of professionals who are spending prolonged periods in a heightened state of pressure.

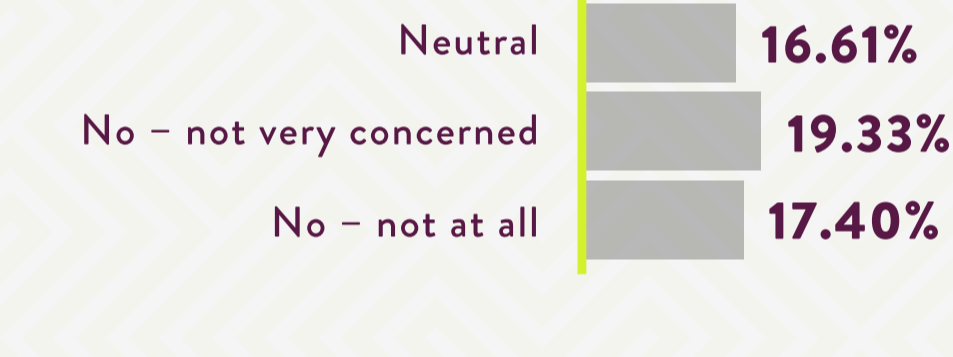
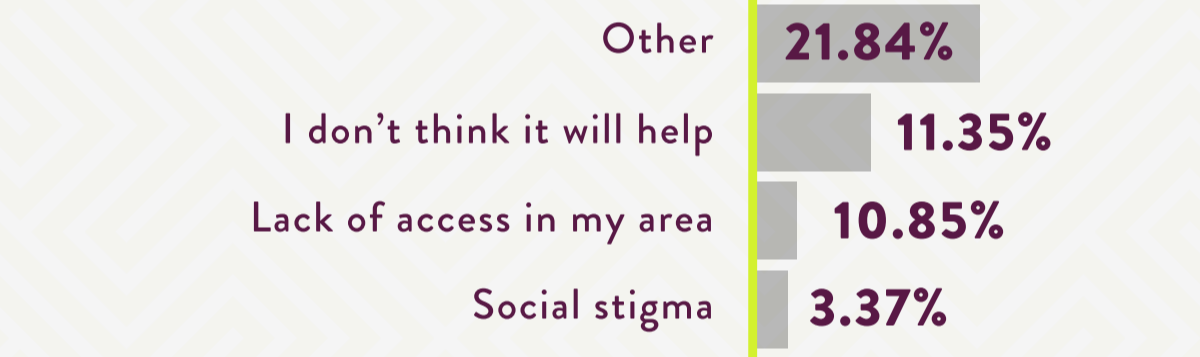


Where you might have used substances for stress (e.g. Alcohol, Nicotine, Cannabis), have you actively tried to reduce the use of these substances to manage stress?

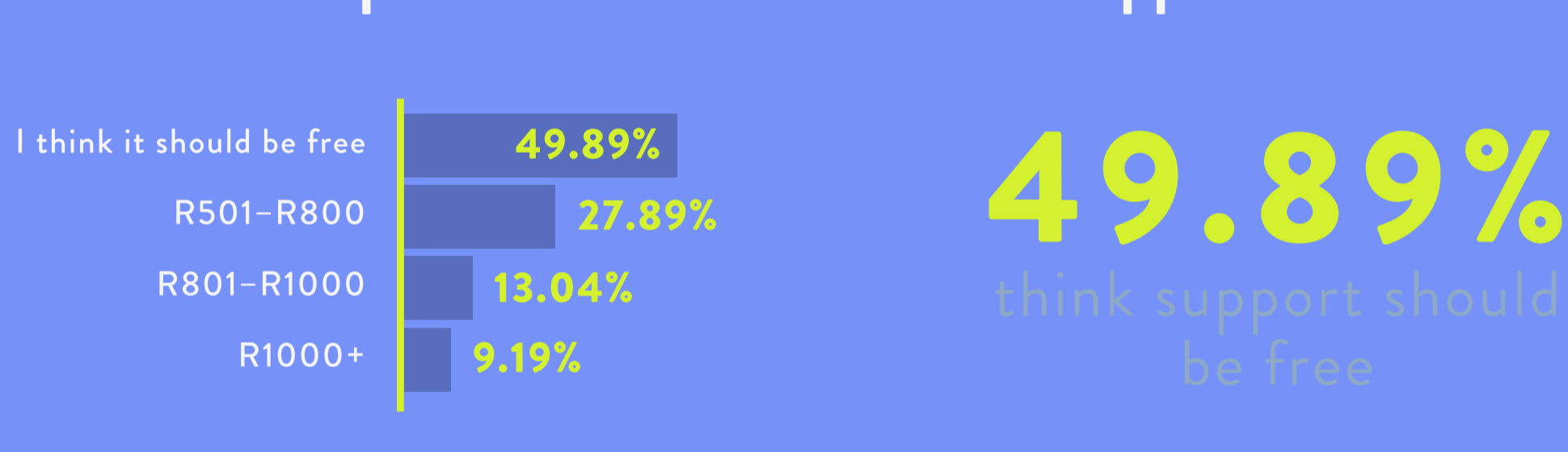


What has stopped you from seeking professional support?

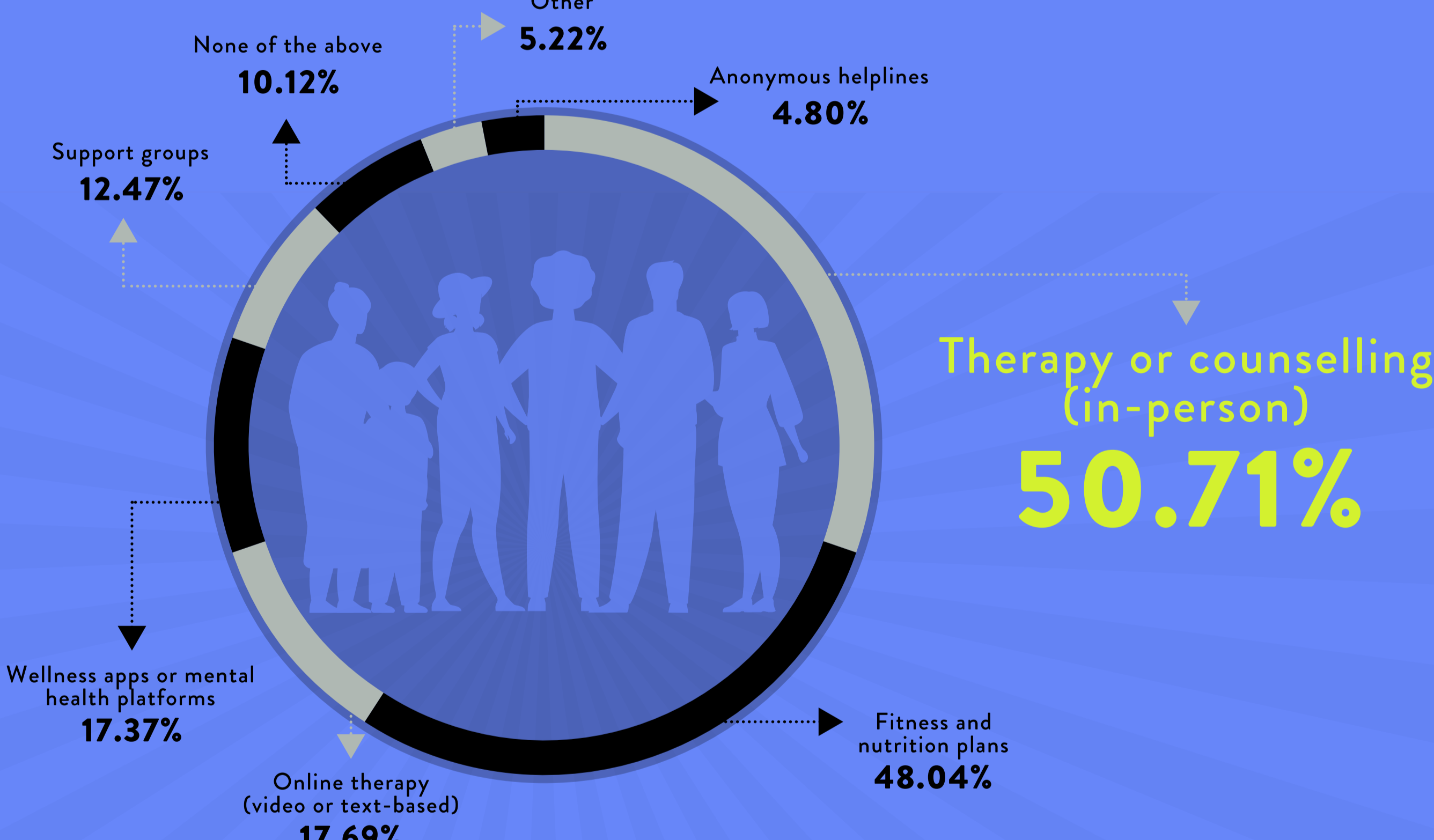
Are you concerned about the long-term impact of stress on your mental health?



How much would you be willing to pay monthly for access to professional mental health support?

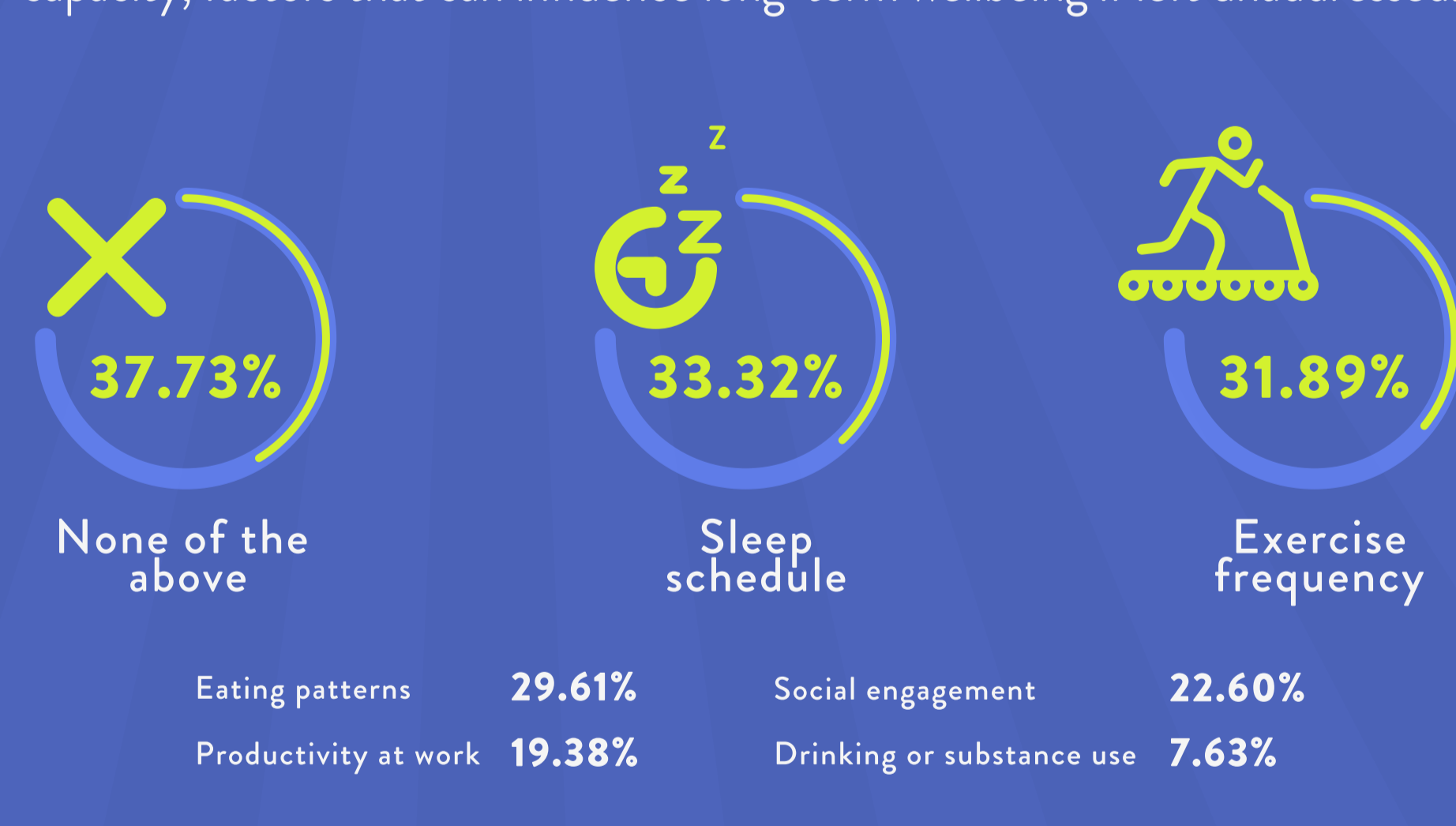


What types of support would you be most open to trying, if stress levels became unmanageable?



Have you changed any of the following habits in the past year due to stress?

Prolonged exposure to stress can affect both physical and emotional health. Beyond immediate feelings of pressure, sustained stress is associated with fatigue, disrupted sleep and reduced emotional capacity, factors that can influence long-term wellbeing if left unaddressed.



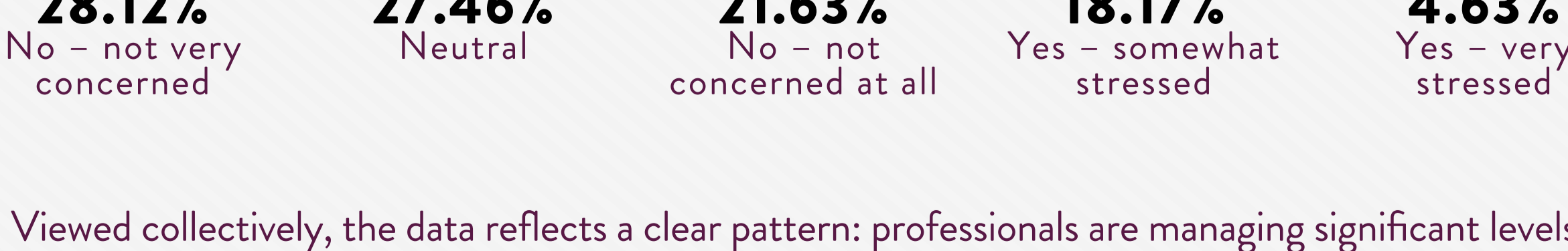
How open are you to trying new tools for stress management, such as mental health apps and AI?



Has the addition of AI into your industry increased or decreased your stress levels?



Are you stressed about the future of your industry with AI on the exponential rise?



Viewed collectively, the data reflects a clear pattern: professionals are managing significant levels of stress, often while continuing to perform at high levels. This underscores the importance of moving beyond reactive care towards proactive, preventative support that protects health before it is compromised.

About Profmed

Profmed is the largest restricted medical scheme in South Africa exclusively designed for professionals. Profmed offers these individuals medical cover tailored to suit their professional lifestyle at each life stage. For more information, please visit www.profmed.co.za or follow Profmed on Facebook.