

StressCare Solutions Empowers Australian Workplaces to Combat Burnout & Boost Productivity

As Australian workplaces grapple with increasing staff stress levels, StressCare Solutions is leading the charge in transforming organisational cultures.

SYDNEY, NSW, AUSTRALIA, July 7, 2025 /EINPresswire.com/ -- In today's fast paced business landscape, staff stress and burnout are no longer just HR issues—they're direct threats to your organisation's productivity, profitability, and competitive edge.

As stress and trauma silently erode your bottom line, forward-thinking CEOs are turning to [StressCare Solutions](#), an Australian consultancy in trauma-informed stress management workplace strategies, to transform their organisations from the inside out.



STRESSCARE SOLUTIONS
self-care for stress resilience

StressCare Solutions

Recent studies show that nearly 50% of Australian employees experience daily work stress.

Chronic burnout is fueling absenteeism, disengagement, turnover, and psychological injury—[costing Australian businesses](#) an estimated \$14 billion annually. And since 2022, supporting mental health at work isn't just best practice—it's a legal requirement.

But here's the opportunity: For every \$1 invested in mental health initiatives, businesses gain an average return of \$2.30, alongside a 25% reduction in absenteeism and a 41% drop in workers' compensation claims (PwC).

Smart CEOs know that ticking the compliance box isn't enough. They're staying ahead of the curve—embedding proactive stress management and trauma-informed practices into their workplace culture, not as an afterthought, but as a strategic priority.

"As a CEO, your people are your most valuable asset," says Rosanna Commisso, founder of StressCare Solutions. "Their mental, emotional, and physical wellbeing directly fuel your



As a CEO, your people are your most valuable asset. Their mental, emotional, and physical wellbeing directly fuel your organisation's growth. Without a thriving workforce, there's no business."

Rosanna Commisso

organisation's growth. Without a thriving workforce, there's no business."

Rosanna brings over 30-years of experience in health, training, and community services, coupled with her own lived experience of trauma, mental health challenges, and burnout. "I've been in the trenches, and that insight allows me to connect deeply with organisations and drive real, sustainable change," she explains.

About StressCare Solutions

Founded in Sydney by mental health advocate Rosanna Commisso, StressCare Solutions helps organisations build

resilience, reduce burnout, and enhance performance through tailored, trauma-informed strategies. By assessing current practices, identifying gaps, and creating safer, more inclusive workplaces, Rosanna empowers leaders to future-proof their organisations and thrive.

Media Contact

Rosanna Commisso

Founder, StressCare Solutions

Phone: 0402 917 064

Email: rosanna@stresscare.com.au

Website: www.stresscare.com.au

Rosanna Commisso

StressCare Solutions

rosanna@stresscare.com.au

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/819932783>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.