Employees are the backbone of every workplace—and their health and happiness is vital to a company’s success. As outlined in a survey that asked employees what they look for in a workplace, the majority (83%) noted that employees who feel engaged at work are more likely to be satisfied with their workplace communications, when employees are overworked and under-supported, they’re more susceptible to anxiety, depression, and burnout. When employees are satisfied with their workplace communications, they’re 177% more likely to be engaged at work. 

When employees are satisfied with workplace communications, they’re 177% more likely to be engaged at work.

Organizational change leads to individual improvement

Employees who feel like they’re living out their purpose through work have better health.11 Employees who feel like they’re living out their purpose through work have better health.11

Employees who feel like they’re living out their purpose through work have better health.

A flexible work arrangement is one of the top motivators of employee stress, burnout, and depression.12 A flexible work arrangement is one of the top motivators of employee stress, burnout, and depression.

A flexible work arrangement is one of the top motivators of employee stress, burnout, and depression.

A reasonable workload is the #1 mitigator of stress and burnout, and the #3 mitigator of depression.1

A reasonable workload is the #1 mitigator of stress and burnout, and the #3 mitigator of depression.

 Barrett, C. (2021). "Go to work or go home? The impact of remote work on productivity and employee satisfaction in the fast-food industry." Researcher, 11(2), 56-64.

The top mitigators of stress are: a flexible work arrangement, a reasonable workload, and employee autonomy.1

The top mitigators of stress are: a flexible work arrangement, a reasonable workload, and employee autonomy.

Employees who want more flexibility in their work arrangement are 31% more likely to thrive in life.10

Employees who want more flexibility in their work arrangement are 31% more likely to thrive in life.

A reasonable workload is the #1 mitigator of stress and burnout, and the #3 mitigator of depression.

Effective workplace solutions

Organizational change leads to individual improvement

Employees who feel like they’re living out their purpose through work have better health.11

Employees who feel like they’re living out their purpose through work have better health.

Additional support and resources

Employees who want more insights and tips?

Want more insights and tips? Learn more at mentalhealthworkplace.com