

WORKPLACE WELLBEING NEWSLETTER

15 July 2024

professionalmindcare.com



Subscribe now and harness the power of ‘well-being’ and ‘sustainability’ data to elevate your business.

Unlock data-driven insights on mental health, sustainability, and their impact on your business! Join a community dedicated to understanding how workplace well-being and sustainability drive productivity and business growth.

Weekly Newsletter!

We are thrilled to announce the launch of our “Workplace Wellbeing” newsletter, a weekly publication dedicated to bringing you the latest data-driven insights on mental health at work, sustainability, and their profound impact on your business and organizational behavior.

Professional MindCare Inc. is committed to creating and promoting sustainable workplaces.

Professional MindCare Inc. does not provide clinical therapy services. If you're struggling with mental health concerns, please know that it's essential to seek professional help from a licensed healthcare provider. We encourage you to take the first step towards seeking help today.

Today is your opportunity to take action for your mental health. We are your support network, and *you are not alone!*



Why subscribe?

- 1.In-depth Analysis:** In-depth analysis of mental health trends in the workplace.
- 2.Impactful Research:** Research and data on the economic impact of employee wellbeing.
- 3.Sustainability Insights:** Insights into sustainability practices and their connection to mental health.
- 4.Real-World Examples:** Case studies from leading companies.
- 5.Actionable Advice:** Insights for improving business outcomes and organizational behavior.

What to expect? Take a look at the following page!
Stay informed, stay ahead!

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1. **In-depth Analysis:** In-depth analysis of mental health trends in the workplace.

| TOPIC | KEY FINDINGS | ACTIONABLE STEP |
|----------------------|---|---|
| Burnout | 77% of employees experience burnout at least sometimes, leading to decreased productivity and increased turnover (Gallup) | Implement regular check-ins with employees to monitor workload and provide support |
| Mental Health Stigma | 60% of employees feel uncomfortable discussing mental health issues with their employer | Provide training for managers on mental health awareness and reduce stigma through wide campaigns |
| Employee Engagement | 55% of engaged employees report positive mental health, compared to 45% of disengaged employees (Gallup) | Enhance open communication and feedback mechanisms to boost employee engagement |

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YOUR
BRAND

The mental health trends in the workplace are a growing concern, with many employees experiencing anxiety, depression, and burnout.

According to recent statistics, 77% of employees experience burnout at least sometimes, while 60% feel uncomfortable discussing mental health issues with their employer due to stigma. Additionally, 1 in 5 employees experience anxiety or depression, and 30% experience sleep disturbances.

As Dr. Arianna Huffington, Founder of Thrive Global, notes, "The stigma around mental health is still very real, but we're starting to see a shift towards a more open and honest conversation about mental wellness." (Source: "The Stigma Around Mental Health Is Still Very Real" by Arianna Huffington, Thrive Global)