THE BURDEN OF BURNOUT

In 2018, 2/3 of full-time workers reported feeling some level of burnout. (Gallup survey)

WHAT IS BURNOUT?

1. Emotional or vital exhaustion
2. Depersonalization/cynicism
3. Loss of professional efficacy

+ COSTS INDIVIDUALS
- health & well-being
- financial strain
- family strain

+ COSTS EMPLOYERS
- healthcare expenses
- absenteeism
- turnover

Have you ever experienced workplace burnout?

Join the #healthywork movement and share your story.

For more info, visit healthywork.org.