Facilitating a Stress Free Work Environment — Sponsored by Avetta

NURTURING HAPPY EMPLOYEES

How Can a Stress-Free Work Environment Help?

A stressed employee is often an unproductive employee. Companies must encourage a stress-free work environment, as it can hurt organizational growth.

44,000 Americans are committing suicide every year owing to mental health issues caused by work stress.

Employees reporting workplace stress in Great Britain shot up from **414k** in 2008-09 to **828k** in 2019-20.
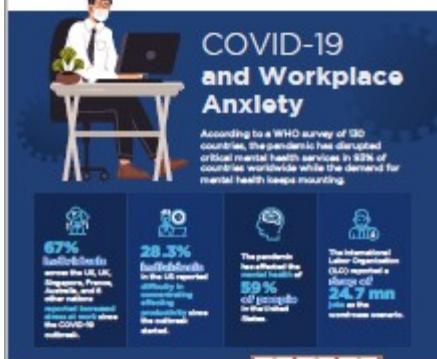
Mental health disorders affect **13%** of the world's population.

Anxiety caused by stress affects **284 mn people** in the world.

According to WHO, anxiety and stress cost the global economy around **$1 tn worth productivity** every year.

"It's not the load that breaks you down; it's the way you carry it." - Lena Horne

COVID-19 and Workplace Anxiety

According to a WHO survey of 130 countries, the pandemic has disrupted critical mental health services in 93% of countries worldwide while the demand for mental health keeps mounting.

67% individuals across the US, UK, Singapore, France, Australia, and 6 other nations reported increased stress at work since the COVID-19 outbreak.

28.3% individuals in the US reported difficulty in concentrating affecting productivity since the outbreak started.

The pandemic has affected the mental health of **59%** of people in the United States.

The International Labor Organization (ILO) reported a charge of **24.7 mn** jobs as the worst-case scenario.

Creating a Healthy Environment at Home

Allow regular breaks during work hours
Encourage employees to step away from their workstation every few hours and mentally disengage.

Encourage work-life balance
Encourage employees to take digital breaks, and make the most of their personal time.

Build employee engagement
Connect with employees by being transparent, allowing autonomy, ensuring the right roles, and committing to their growth.

Encourage flexible work policy
99% of employees prefer to work from home partially or for their entire career.

Reward employee achievements
Recognize the contribution of your team members publicly to enhance the feeling of connection and belonging.

Focus on employee wellness
Build a wellness routine into the work culture to promote employee health.

"There is a crack in everything, that's how the light gets in." - Leonard Cohen

Source: Avetta