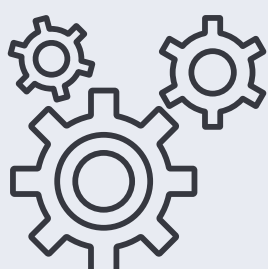


# How Employers Can Reduce Burnout

49% of people feel burned out at work\*, leading to an increase in sick days, turnover, and healthcare costs and reduction in productivity and engagement. Here's how you can help your employees avoid burnout:



Get buy-in from executive leadership so change happens from the top down.



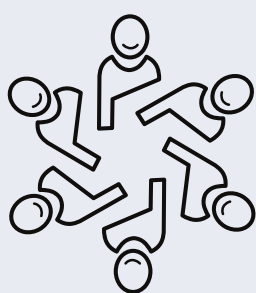
Identify, recognize, and fix known issues in your corporate culture that lead to burnout.



Regularly assess how burned out employees feel. Measure the outcomes and set goals for improvement.



Train managers to identify burnout and stress before it becomes a problem.



Improve collegiality and destigmatize talking about stress with peer support groups.



Recognize quality employee work and reward it using a compensation model.



Offer training, education, and peer coaching to help employees manage stress, anxiety, and mental health before it becomes a problem.

\*Source: <https://www.mckinsey.com/business-functions/people-and-organizational-performance/our-insights/what-employees-are-saying-about-the-future-of-remote-work>

## Contact Us!

To learn more about how Youturn Health's stress management program can help with employee burnout and to schedule a demo:

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