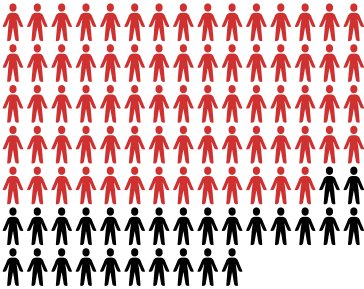


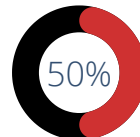
## Why Is It Important To Address Employee Burnout?



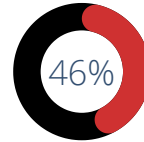
Most employees (73%) believe it's their manager's responsibility to manage burnout.

Employees don't feel comfortable talking to their managers about their burnout

because



fear of being seen as incapable of doing my job



There's no point/nothing will change

### Employees' experiences taking time off from work:



I fully disconnect from work



I'm expected to check in on work



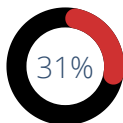
I'm not expected to check in on work, but

I feel pressured to do so

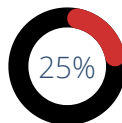
### Benefits that would most help employees alleviate burnout if provided by employers:



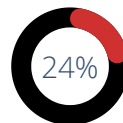
Flexible work hours for all employees



Mental health resources/support



Paid sick days



Wellness program