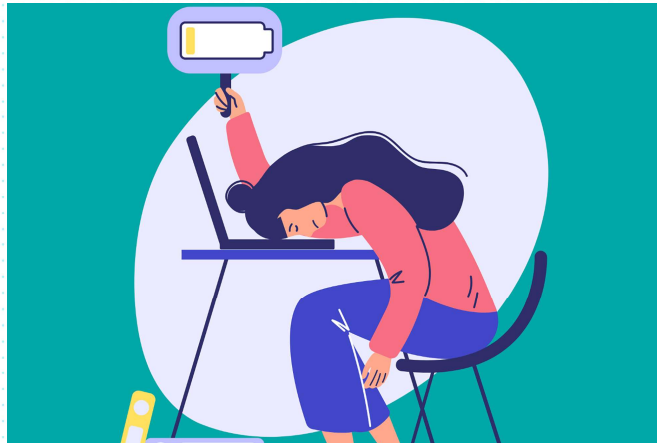


# Breaking the Burnout Cycle

**A Study on Work-Life Balance & Well-Being**



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# Why This Matters

- In today's fast-paced world, stress, burnout, and work-life imbalance are at all-time highs.
- Companies lose ~ \$200 billion annually due to stress-related absenteeism & low productivity. (5-8% of National Spending on healthcare which is a trillion-dollar industry)  
~ Harvard Business Review.

Individuals with high work-life balance are more productive and report higher job satisfaction

## Our data-driven study answers:

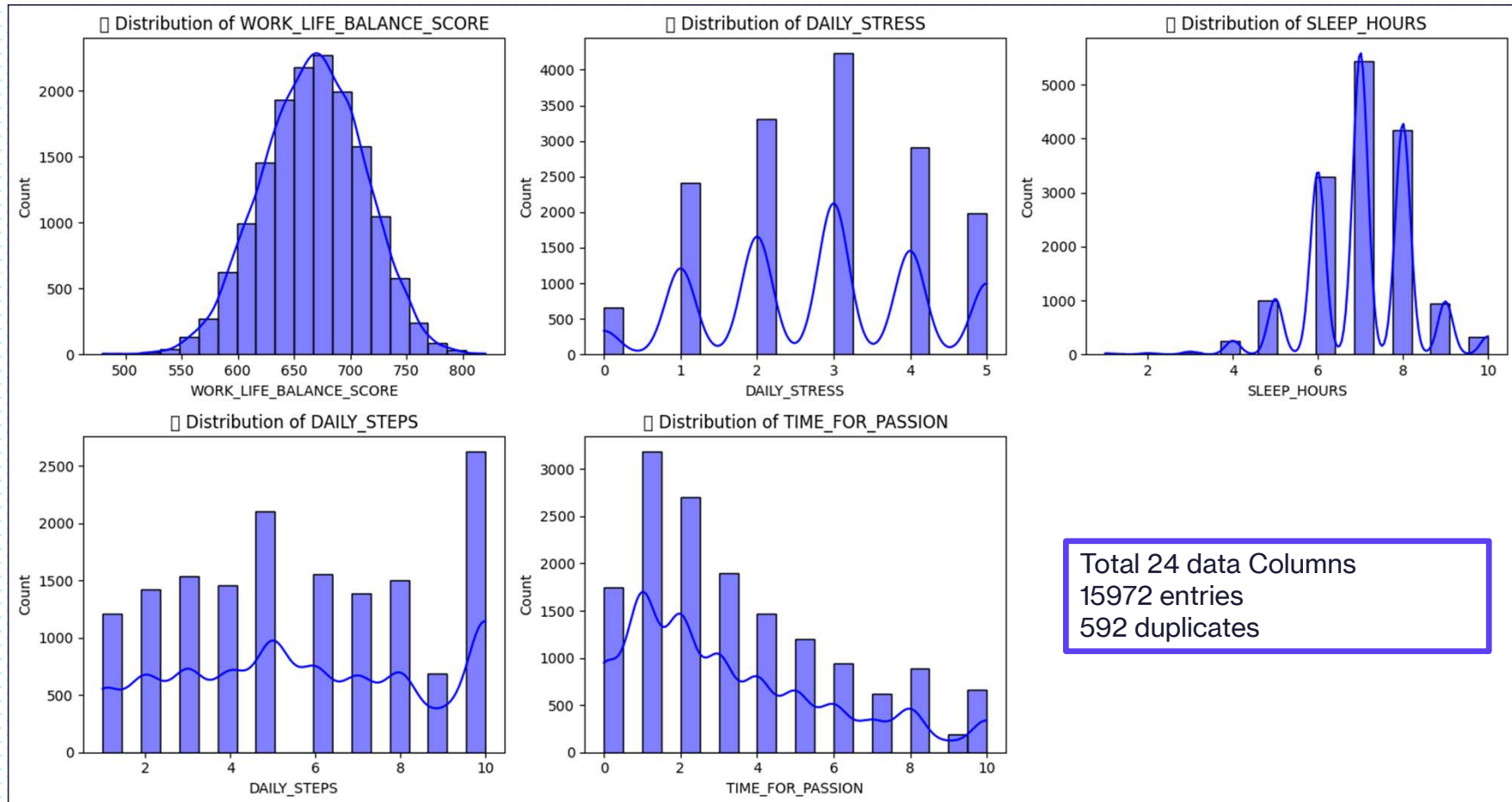
- ✓ What lifestyle factors most influence well-being & productivity?
- ✓ How can individuals optimize their work-life balance?
- ✓ What can businesses do to maximize workforce efficiency while reducing burnout?



<https://www.gallup.com/workplace/612518/driving-federal-government-burnout.aspx>

<https://www.library.hbs.edu/working-knowledge/national-health-costs-could-decrease-if-managers-reduce-work-stress>

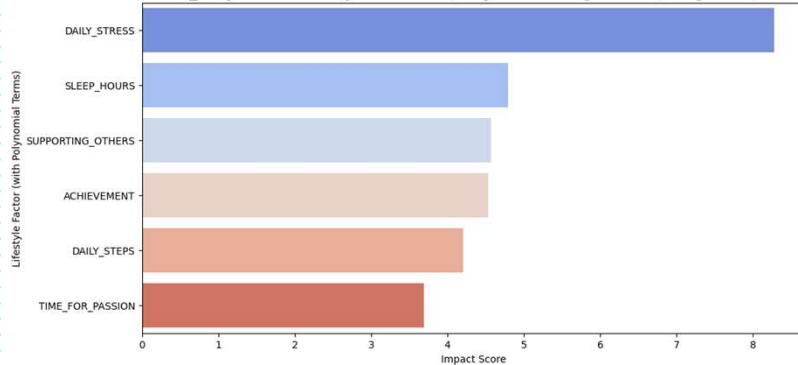
# Description of Dataset



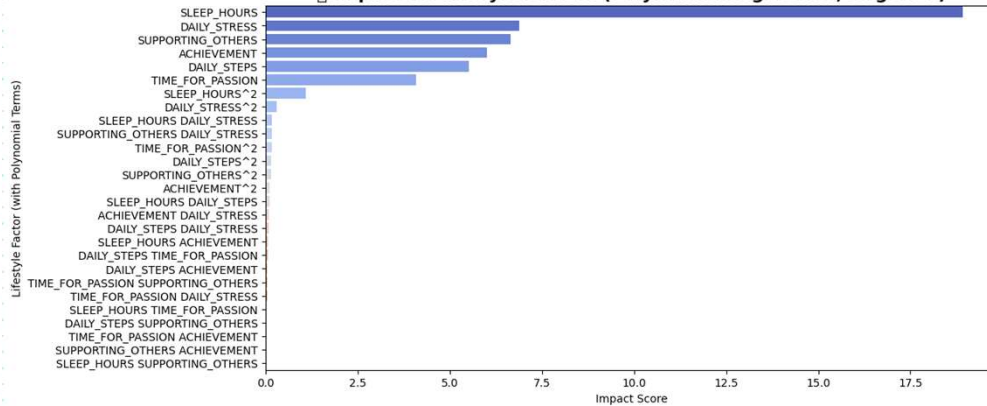


# Description of Dataset and Analyses

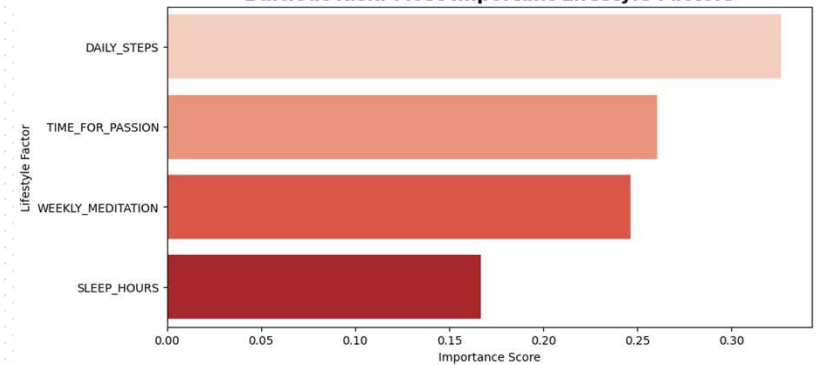
Impact of Lifestyle Factors (Polynomial Regression, Degree 1)



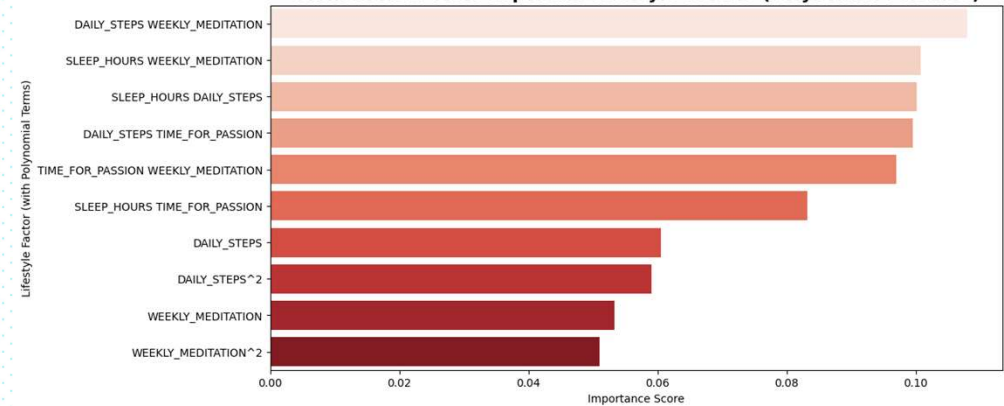
Impact of Lifestyle Factors (Polynomial Regression, Degree 2)



Burnout Risk: Most Important Lifestyle Factors

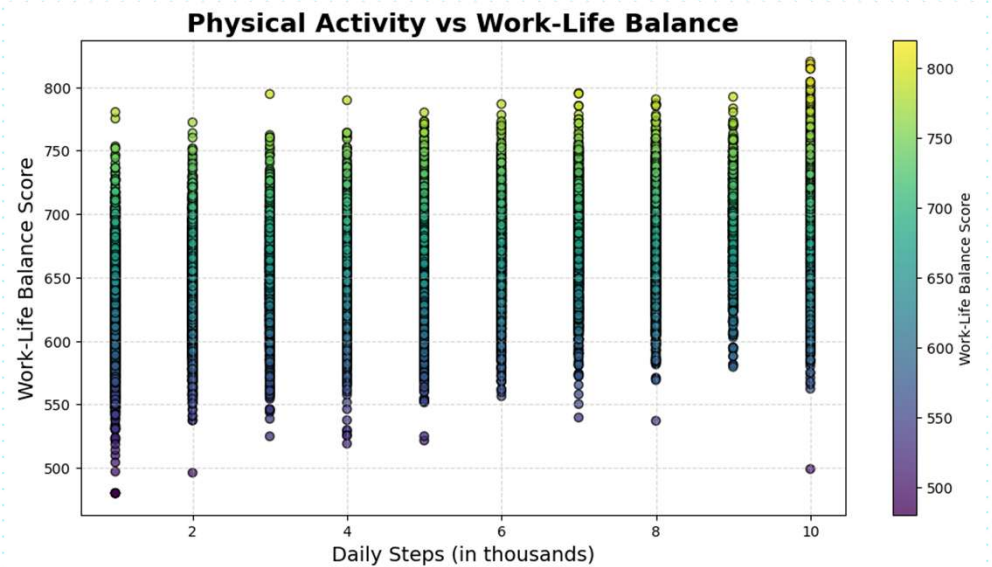
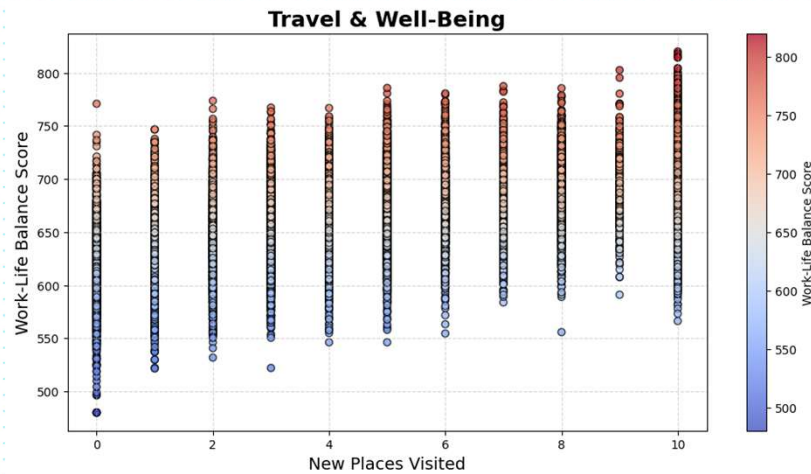
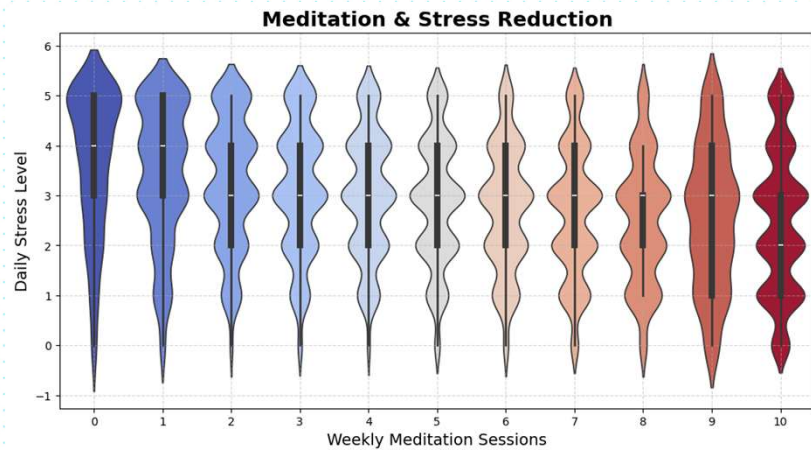


Burnout Risk: Most Important Lifestyle Factors (Polynomial Features)

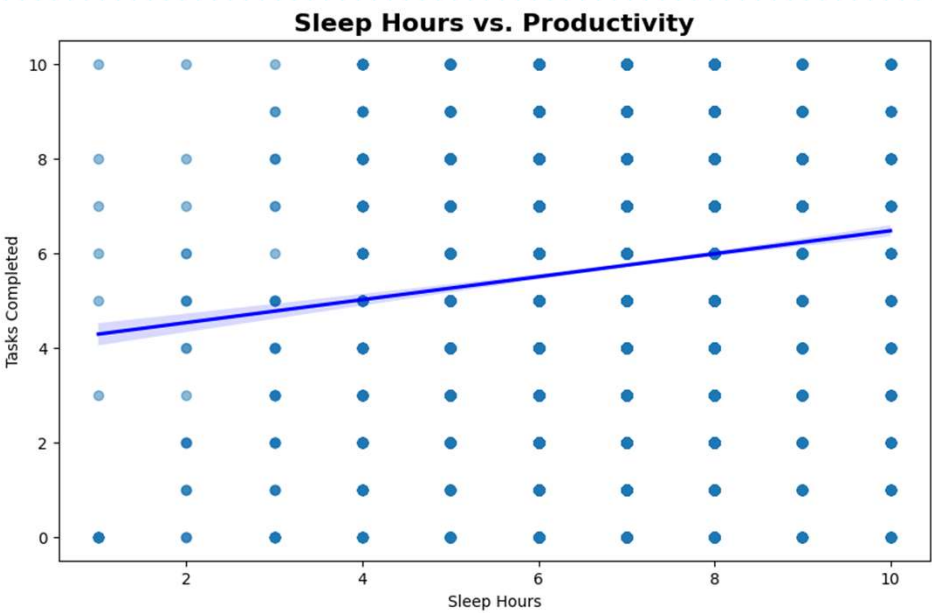


Define burnout threshold (high stress level  $\geq 4$ )

# What Drives Well-Being?



# Sleep & Stress vs Productivity



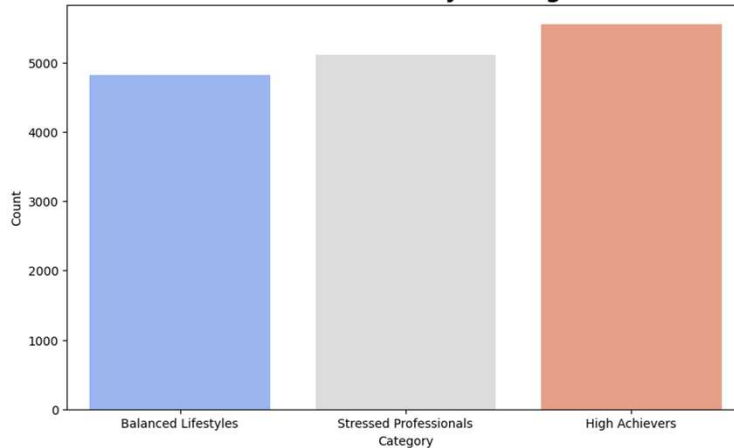
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# Categories of People & Conclusion

Distribution of Lifestyle Categories



## High Achievers:

- Work-Life Balance Score: 701.3
- **High Productivity** (7.18 tasks/week)
- But suffer from **relatively high stress** (2.51)

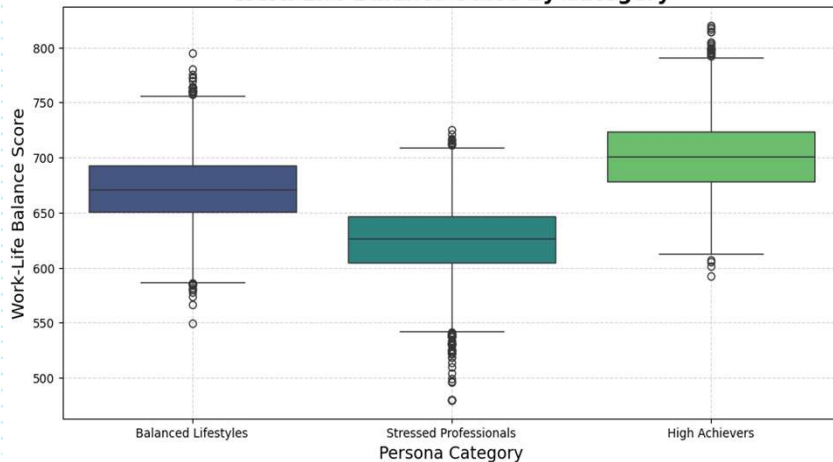
## Stressed Professionals:

- Work-Life Balance Score: 625.15
- **High stress levels** (3.72)
- Lower productivity than other groups (3.56 tasks/week)

## Balanced Lifestyles:

- Work-Life Balance Score (671.35)
- **Moderate stress** (2.14) but **stable productivity** (6.42 tasks/week)

Work-Life Balance Score by Category



## Final Thought:

"The best teams and individuals are **not just productive but balanced.**"



QUESTIONS?