



# REMOTE WORK AND MENTAL HEALTH



## Problem Statement

Some organizations struggle to balance the benefits of remote work with the mental health challenges employees face, such as stress, isolation, and burnout.

This project aims to analyze data on remote work and mental health, identify key patterns, and provide insights that can help in creating healthier and more supportive work environments.



# Navigation

Introduction



Problem Statement



Productivity



Mental Health



Insights



Thank You





# Remote Work & Productivity

Job\_...  
All

Go to  
NavigationPg

Indust...  
All



Remote

**34%**



WorkLife

**2.98**



Work Hr's

**40**



Productivity

**3%**

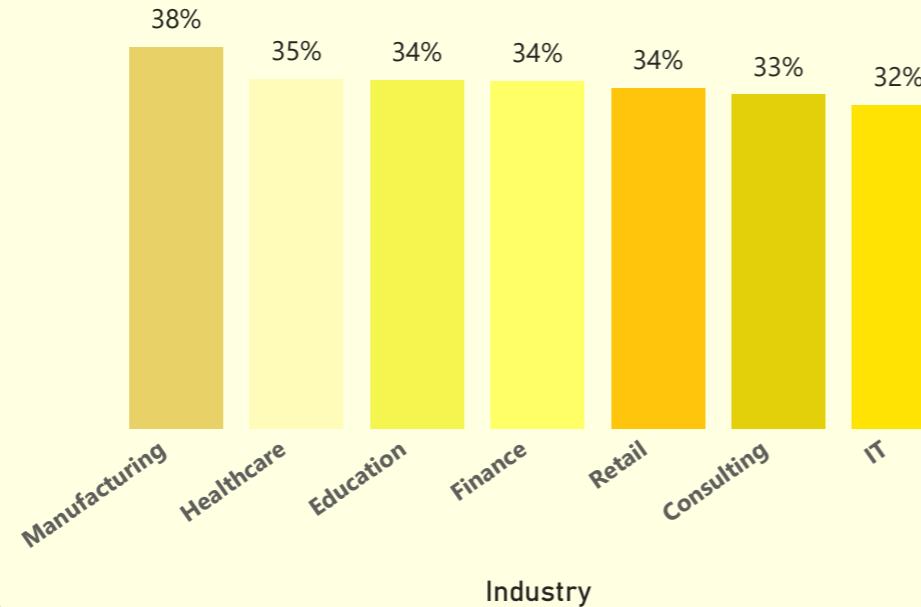


Isolation

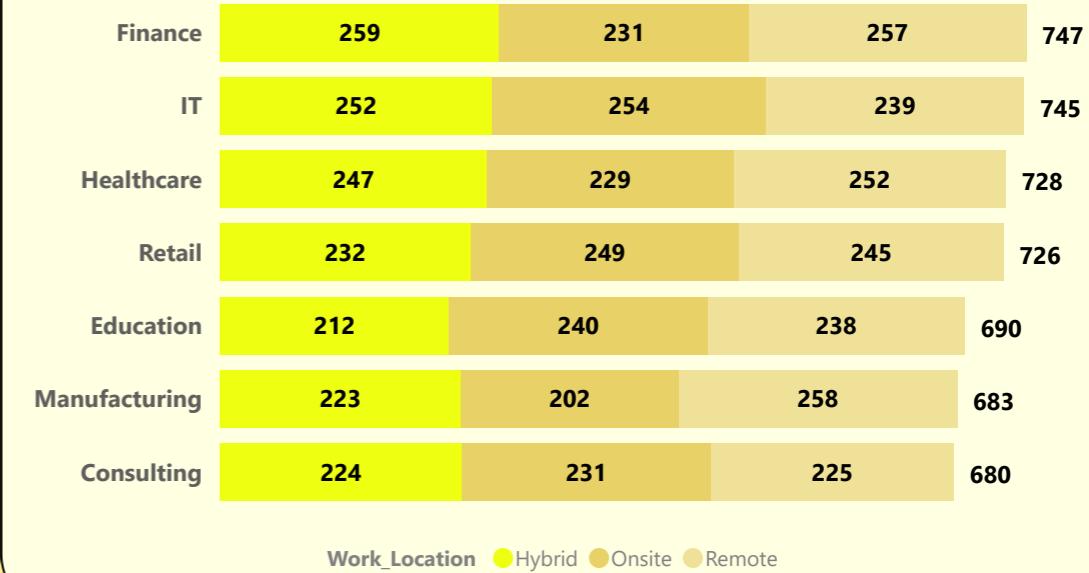
**2.99**



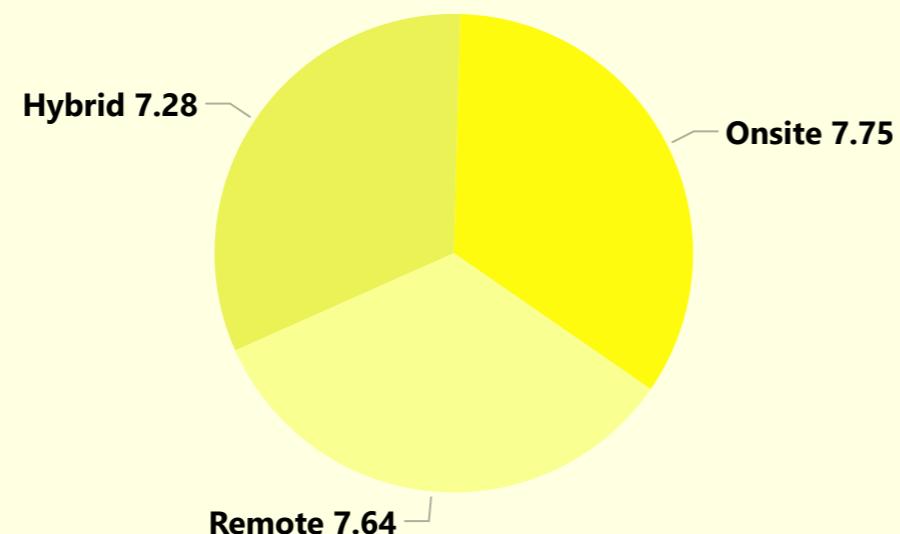
## Remote Adoption By Industry



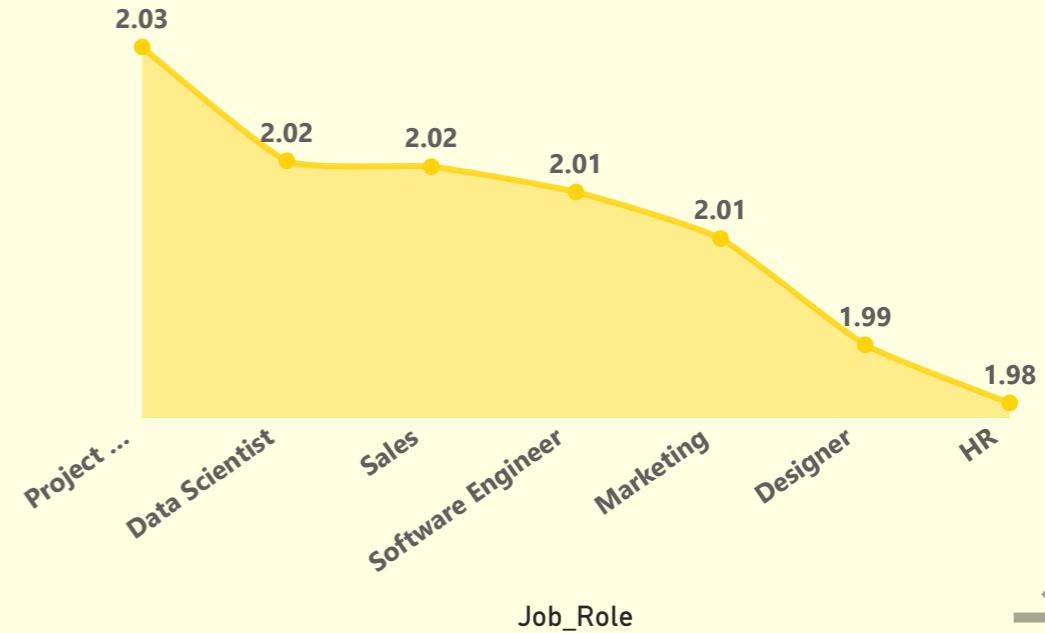
## Employee Vs Industry Vs Location



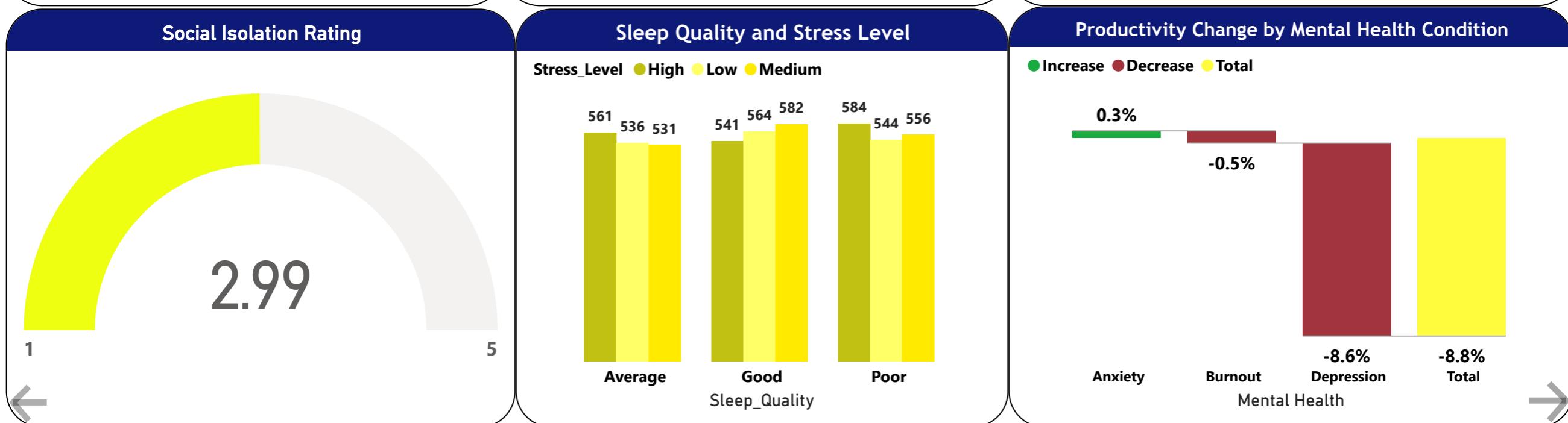
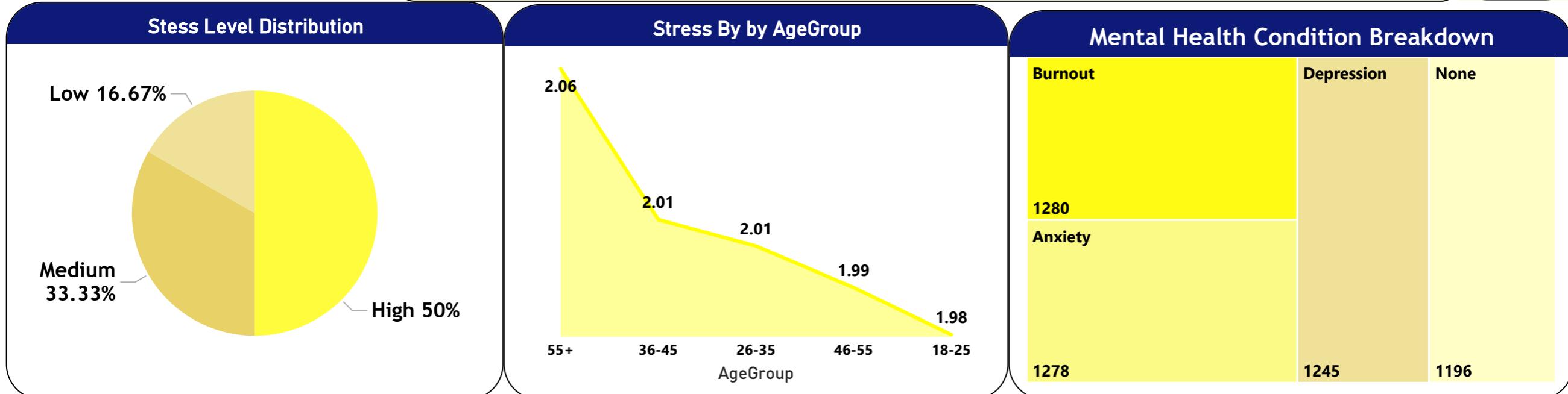
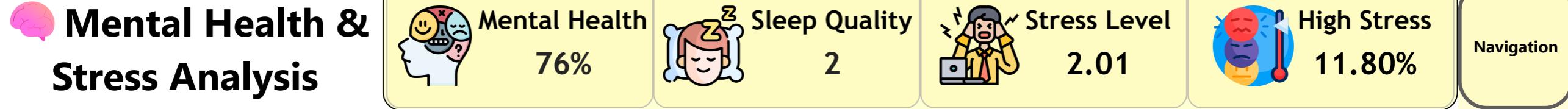
## Virtual Meetings Vs Location



## Stress Vs Job Role



# Mental Health & Stress Analysis





## Key Insights

**Remote Work** is widely adopted across industries; surprisingly, Manufacturing shows higher remote jobs than IT.

**Stress is high** - 11.80% employees report high stress, strongly linked to poor sleep quality.

**Burnout & Anxiety** are the most common mental health issues.

**Project Manager** face the highest stress, while **HR** show lower stress (possible benefit of remote work).

**Depression** causes the biggest productivity drop.

**Older employees** report more stress than younger groups.



