



Workplace Wellness

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Introduction

Employee Health and Mental Wellness has a direct co-relation with

- Lower Engagement Levels & Hence the Productivity
- High Employee Absenteeism
- High Employee Attrition

It is family issues, medical and personal reasons that cause most of absenteeism and when employee miss out at work, its their Team and Company pay the price. And even if employee is at work, the workplace environment like temperature, chairs, food that might impact their focus on work.

We have studied all the aspects in Wellness like Occupational, Physical Health, Financial, Intellectual, Social etc and provided 360 analysis for you to take the informative decisions to run wellness and safety programs, design offices.



Quick intro to the definitions

Mental Wellness

Emotional or Mental Wellness is as important as Physical. Here it is analyzed to understand what causes mental drain, what are reasons of stress and exhaustion. Poor mental health causes sleep deprivation, burnout etc. Statements in this theme will help to understand how employees cope up with workplace changes & business dynamism.

Environmental Wellness

An Environment which is connected with nature is supposed to be good one to make employee comfortable. It is safety & non-conductive surrounding at work also plays big role in employee health. Here we understand how employees are benefited from office designs, their area of living and workplace.

Intellectual Wellness

Most of the employees prefer intellectually challenging and learning environment. And in such environment they are most likely to be highly engaged. Survey results make you understand how employees find the work challenging and mentally stimulating.

Occupational Well-being

Occupational Well-being refers to how much employee love his job. Are they finding it that their skills are appropriately used and they are meaningful to company's goal. When employees find meaning in what they are doing they are less stressed and perform better. Its all about job-satisfaction.

Physical Health

Suggest how is the physical health of your employees. Are they doing enough exercise, getting nutrition, have good sleep and follow hygiene practices. All these impact their health which in turn their absenteeism and mental wellness

Social Wellness

Friends, Family, Relatives occupy large part of one life. A socially connected person is a good team player and encourages camaraderie in the team. This theme throws light on who is your employee off office hours .

Financial Wellness

Ultimately its financial stability and Future assurance which makes many stress free. Employees investment and spending habits are assessed for better suggestions.

Family Wellness

Family wellness & Parents health matters to most. Giving good living conditions and assuring good future for them is what most of the employee work for.

Burnout Risk

Employee burnout is sum result of job satisfaction, relationship with superior & team-mates, not being socially accepted, financial strains etc.



Respondents Demographics & Analysis