Mental Health in the Workplace

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DATASET

- This dataset explores the relationship of various work environments (remote, hybrid, onsite), stress levels, work-life balance, and mental health conditions among 5,000 employees across diverse industries and regions.
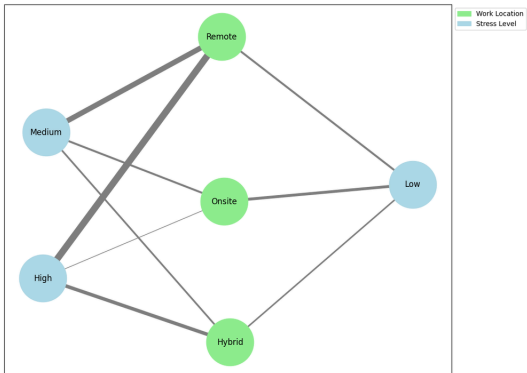- We will be looking at the Work Location, Industry, Stress Level, and Mental Health Condition columns.

Employee_ID	Age	Gender	Job_Role	Industry	Years_of_Experience	Work_Location	Hours_Worked_Per_Week	Number_of_Virtual_Meetings	Work_Life_Balance_Rating	Stress_Level
EMP0001	32	Non-binary	HR	Healthcare	13	Hybrid	47	7	2	Medium
EMP0002	40	Female	Data Scientist	IT	3	Remote	52	4	1	Medium
EMP0003	59	Non-binary	Software Engineer	Education	22	Hybrid	46	11	5	Medium
EMP0004	27	Male	Software Engineer	Finance	20	Onsite	32	8	4	High
EMP0005	49	Male	Sales	Consulting	32	Onsite	35	12	2	High

MOTIVATING QUESTIONS

1. How do different work locations or industries affect stress levels among employees?

2. How do varying stress levels impact different aspects of employee mental health and wellbeing?"
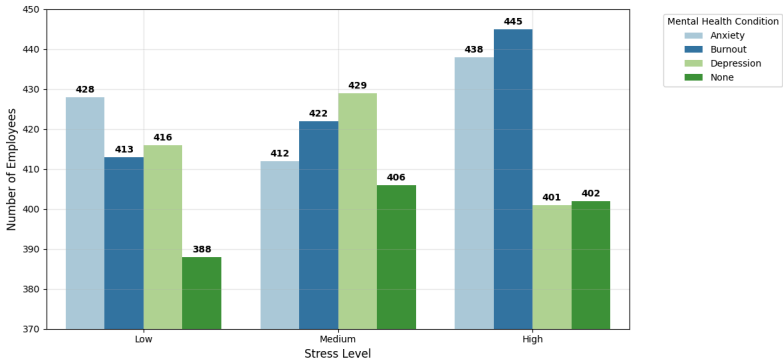
How do different work locations correlate with varying stress levels among employees?

How Do Stress Levels Vary Across Different Industries?

	Low	Medium	High
Consulting	226	235	219
Education	205	247	238
Finance	248	233	266
Healthcare	231	240	257
IT	263	240	243
Manufacturing	229	239	215
Retail	243	235	248

How does specific mental health conditions vary across different stress levels?

T A K E A W A Y S

WORK LOCATION IMPACT

- <u>Remote:</u> Higher stress levels
- <u>Hybrid:</u> Lower stress levels (unexpected)
- <u>Recommendation:</u> Reevaluate remote work assumptions

INDUSTRY PATTERNS

- <u>Finance & Healthcare:</u> Highest stress
- <u>IT:</u> Surprisingly lower stress
- <u>Need:</u> Industry-specific approaches

MENTAL HEALTH IMPACT

- <u>Burnout:</u> Direct stress correlation
- <u>Anxiety & Depression:</u> Complex patterns
- <u>Need:</u> Comprehensive support approach

Thank you!

MENTAL HEALTH IN THE WORKPLACE

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