



HEALTHY WORK

Statistics to Know

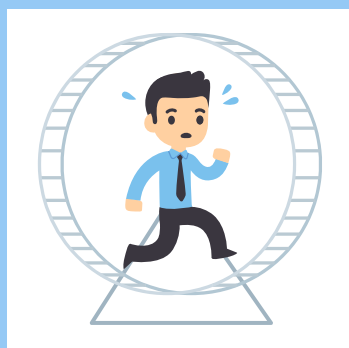
THE BURDEN OF BURNOUT

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In 2018, 2/3 of full-time workers reported feeling some level of burnout. (Gallup survey)



WHAT IS BURNOUT?



BURNOUT LOOKS LIKE

1. Emotional or vital exhaustion
2. Depersonalization/cynicism
3. Loss of professional efficacy



+ COSTS INDIVIDUALS + COSTS EMPLOYERS

- health & well-being
- financial strain
- family strain



- healthcare expenses
- absenteeism
- turnover

*Have you ever experienced workplace burnout?
Join the #healthywork movement and share your story.*

For more info, visit healthywork.org.

