

5 Reasons to Care about Employee Well-Being at Work

Loneliness and weak social connections yield a reduction in lifespan similar to **smoking 15 cigarettes a day** and greater than that associated with **obesity**.¹

Every dollar invested in wellness programs returned the **original dollar plus \$2.38**.³

Workplace stress is costing employers **\$500 billion annually**.⁵

Managers that focus on **purpose driven interaction** at work are more likely to be a source of motivation and wellness for their employees.²

Financial instability is the biggest generator of **stress in the workplace**, especially among younger generations.⁴

Well-Being at Work

mind

motivations

body

resources

connections

learn more ▶