

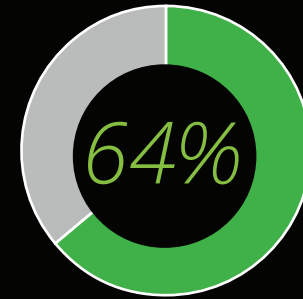
Burnout Survey

Deloitte conducted an external marketplace survey of 1,000 full-time, U.S. employed corporate professionals to understand the causes and impact of employee burnout, as well as the programs employees value most, and how organizations can do a better job of providing them.



87%
of professionals say they have passion for their current job

YET...



of professionals say they frequently feel stressed or frustrated at their current job

18%
everyday

32%
few times a week

15%
once a week



77%
of professionals have experienced burnout at their current job

51%
more than once

84%
among those not passionate about their job

The biggest drivers of employee burnout



31%

lack of support or recognition from leadership



30%

unrealistic deadlines or results expectations



29%

consistently working long hours or on weekends

Burnout impacts professional and personal life



91%

of professionals say having an unmanageable amount of stress or frustration can negatively impact the quality of their work



83%

of professionals say burnout from work can negatively impact their personal relationships



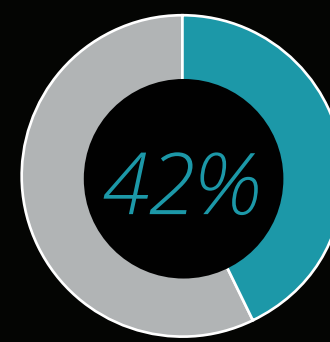
66%

of professionals say they frequently skip at least one meal a day because they are too busy or stressed about work



1 in 4

never or rarely take all of their vacation days



worry issues would arise if away from work

How employees deal with their burnout:

51%

talk to friends or family

50%

sleep or take personal time off

44%

exercise

30%

meditate/pray

Companies are not offering what employees value most

69%

of professionals feel their employer does not do enough to minimize burnout

21%

of professionals say their company does not offer any programs or initiatives to prevent or alleviate burnout

What employees say help prevent or alleviate burnout....



flexible work options



health and wellness programs



paid time off for mental health or recuperation days

....vs. what companies are offering

32%

paid family leave

30%

flexible work options

28%

employee assistance programs

Millennials are the most burned out generation



84%

of millennials say they have experienced burnout at their current job vs. 77% of all professionals

Nearly half

of millennials say they have left a job specifically because they felt burnt out vs. 42% of all respondents