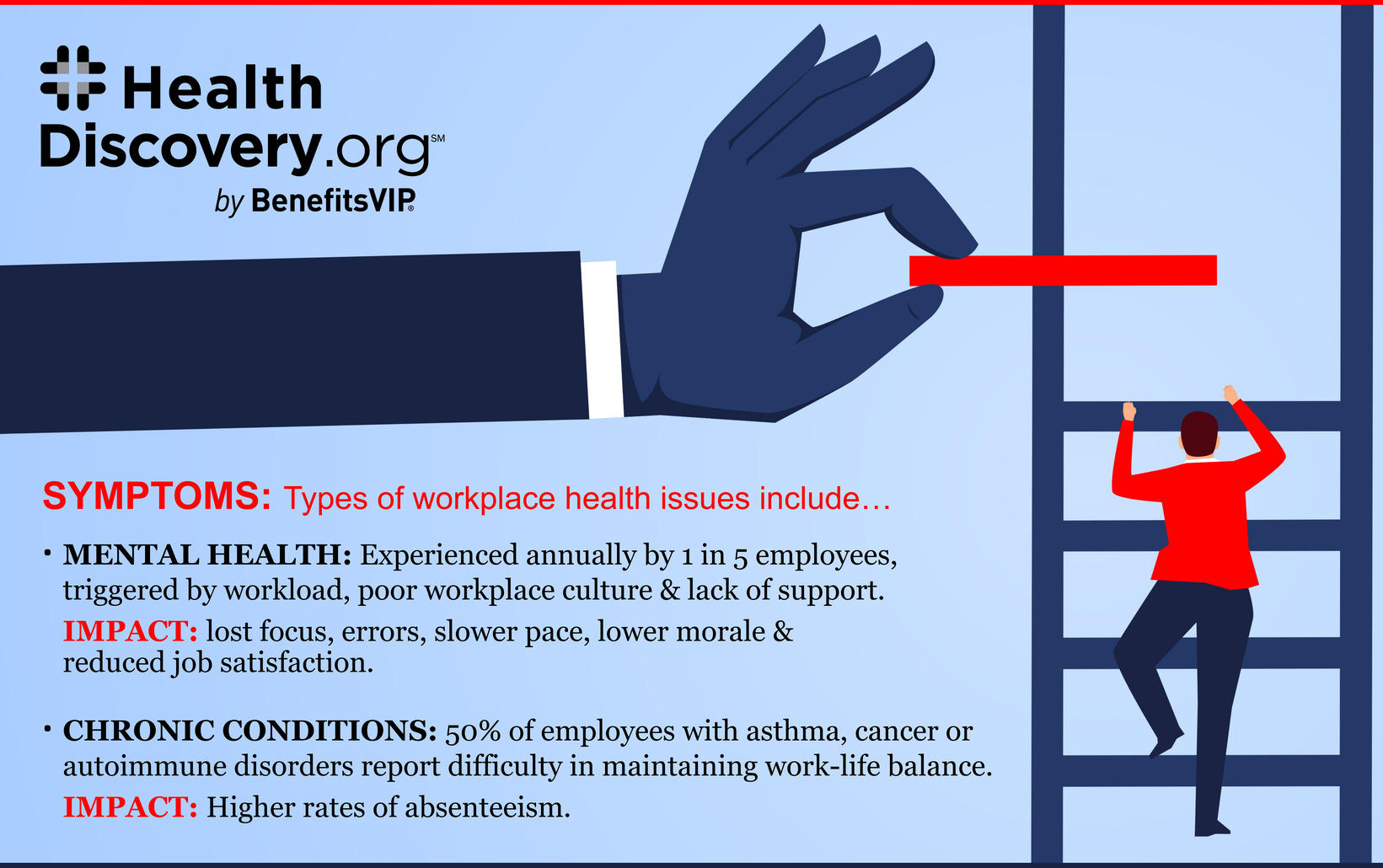
Boost Your Career: Overcoming Workplace Health Challenges

Taking care of your physical & mental health ensure long-term career success.

Health Discovery.org℠
by BenefitsVIP®



SYMPTOMS: Types of workplace health issues include…

- **MENTAL HEALTH:** Experienced annually by 1 in 5 employees, triggered by workload, poor workplace culture & lack of support.
  IMPACT: lost focus, errors, slower pace, lower morale & reduced job satisfaction.
- **CHRONIC CONDITIONS:** 50% of employees with asthma, cancer or autoimmune disorders report difficulty in maintaining work-life balance.
  IMPACT: Higher rates of absenteeism.
- **INJURIES & ACCIDENTS:** Musculoskeletal disorders account for 30% of workplace injuries, triggered by manual labor or high-risk environments.
  IMPACT: Diminished work quality & enthusiasm.
- **PHYSICAL HEALTH:** *(i.e., musculoskeletal disorders, diabetes, heart disease, hypertension):* Nearly 60% experience work-related stress triggered by poor ergonomics & sedentary behavior.
  IMPACT: burnout, exhaustion, disengagement from work, resignations & long-term sick leave.

REMEDIES: Ask your employer about…

- Mental health resources, stress management and fitness programs.
- Flexible working hours/remote work to accommodate health needs.
- Ergonomic workstations.
- Employee Assistance Programs (EAPs).

Sources: NAMI, Stribe, SHRM, American Psychological Association

ID your needs, seek support & take advantage of wellness resources from your employer.

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