

A Mindful Way Out: Tackling the Stressed-out Workplace

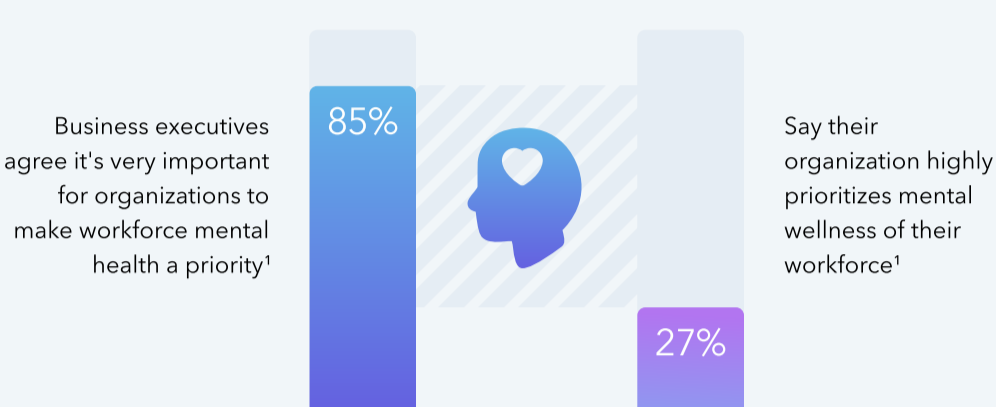
The future of work is mental health. Here's what business executives say about workplace stress and how to solve it, according to a new Harvard Business Review Analytic Services Survey Report.



82% of business executives say workplace stress is a problem at their organization¹



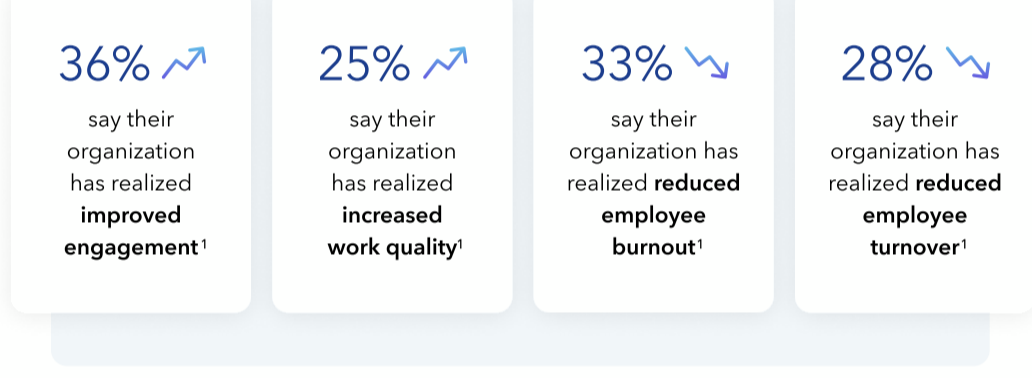
The mental health priority gap



The resources employers currently offer to reduce workplace stress are starting to make an impact

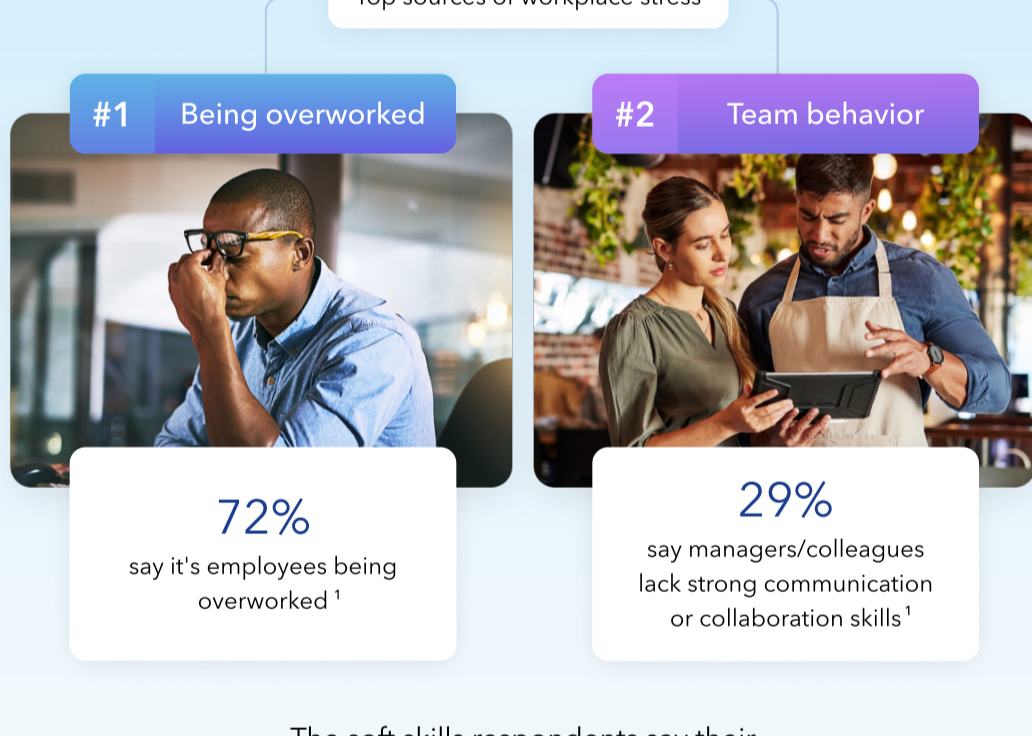


Benefits realized from stress reduction programs

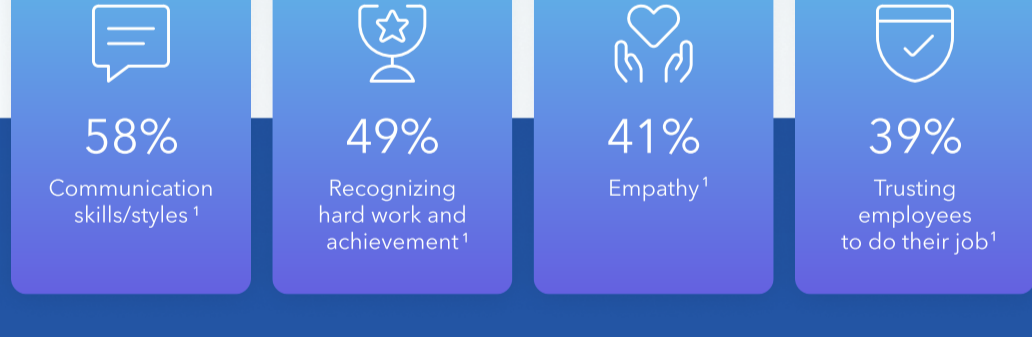


But employers still need to get to the root of the problem

Top sources of workplace stress



The soft skills respondents say their organization's managers most need to improve



Smart organizations take a 3-pronged approach to mental health

1

A proactive and preventive approach to mental health

Ogilvy and Zendesk offer Calm Business to address workforce stress, anxiety, and sleep issues before they become more serious conditions.

TIP 1

Offer employees easy-to-access digital mental health preventive tools that address stress and burnout before they become acute or a crisis.

2

Mindful manager training

60% of Ogilvy managers reduced stress by teaching managers to become more self-aware, regulate emotions, and create a less stressful environment.²

TIP 2

Make the well-being of teams a top priority by training managers to choose how they respond in complex situations rather than acting out of habit.

3

Workday mental health breaks

Just 10 minutes a day of mindfulness can reduce stress, build resilience, and improve productivity.

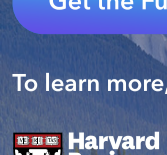
TIP 3

Schedule 10- or 15-minute blocks of time on employee calendars to dedicate to their mental health, giving them permission in their workday to care for themselves.

For more insights, download the full report, "The Battle Against Workplace Stress: How Smart Organizations Are Creating Healthier Environments."

[Get the Full Report](#)

To learn more, visit business.calm.com



1. Based on Harvard Business Review Analytic Services survey of 635 Harvard Business Review audience members conducted in February 2023.
2. How Ogilvy's Mindful Manager Program Improved Workplace Stress and Mental Well-Being, Calm case study

