

Combating Employee Burnout

5 Steps to create a healthier work environment

80%

of employees believe prioritizing mental health in the workplace is important.



1

Offer flexible schedules

Providing flexibility with hybrid and remote work, can allow for reduced commuting times so employees have more time to exercise and engage in other activities to promote a healthier lifestyle.

2

Encourage open communication

Encourage employees to share their thoughts and challenges without fear of judgment. Regular check-ins and surveys can provide valuable insights to help management address concerns.

3

Focus on employee mental health

Help employees cope with stress and anxiety by offering mental health resources like counseling services, mental health days and providing access to meditation and yoga classes.

4

Promote taking breaks

Actively encourage employees to take regular breaks throughout the day and to schedule vacation days or time off as needed. That allows employees to recharge and return with renewed energy.

5

Prioritize fitness and wellness benefits

Provide a comprehensive fitness and wellness benefit that offers personalized workout plans, gym access and mindfulness classes, to boost employee mental health and also create a more engaged workforce.

Aaptiv as an employee wellness solution

Aaptiv offers employees access to over 10,000 on-demand classes and a network of 20,000 gyms and studios. Aaptiv can be an excellent solution to combat employee burnout and offer better fitness and wellness benefits. By providing personalized workout plans and on-demand classes tailored to an individual's fitness level, exercise preferences, and health goals, Aaptiv empowers individuals to take a more active role in their health.

Contact us to learn how Aaptiv can enhance your fitness benefits.

aaptiv.com

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