

Prioritizing Mental Health in the Workplace: Why It Matters

WWW.COUPLE-MATTERS.COM



The Cost of Neglect: Poor mental health isn't just an individual issue; it's costing the UK economy a staggering **£102** billion this year.

In the US, absenteeism from depression and lack of sleep adds up to around **\$88** billion in lost productivity!

The Reality of Overworking

76%

OF WORKERS SAY STRESS IS HURTING THEIR PERSONAL RELATIONSHIPS.

66%

REPORT THAT WORK STRESS KEEPS THEM UP AT NIGHT.

PROFESSIONAL REPUTATION

We feel the need to prove ourselves.

CULTURAL ASPECTS

Many fear being seen as disloyal for speaking up.

WHY DO WE OVERWORK?

STAFF SHORTAGES

People often juggle the workload of multiple roles.

HIGH STAKES

The demands can feel overwhelming, pushing us to meet unrealistic goals.

Finding a Better Balance

ESTABLISH AN OFF-SWITCH: CREATE A CLEAR BOUNDARY BETWEEN WORK AND PERSONAL TIME.

CALM YOUR MIND: TAKE 1-2 HOURS BEFORE BED TO UNWIND AND PREPARE FOR RESTFUL SLEEP.