

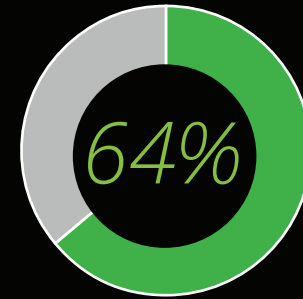
# Burnout Survey

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



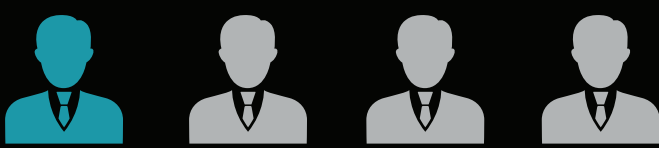
**83%**

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



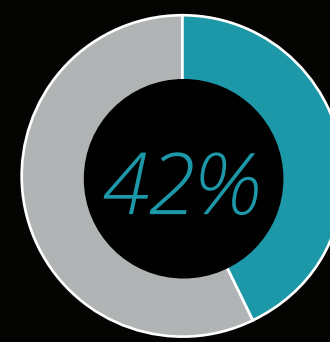
**66%**

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