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... 64% of professionals say they frequently feel stressed or frustrated at their current job
18% of professionals say they frequently feel burned out at their current job
32% take their vacation days every year
15% take their vacation days 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

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 left a job specifically because they felt burnt out vs. 42% of all respondents

87% of millennials say they have experienced burnout at their current job vs. 77% of all professionals
84% of millennials say they have a passion for their current job vs. 64% of all professionals

51% more than once
84% among those not passionate about their job

Nearly half
31% 30% 29% 69% 66%