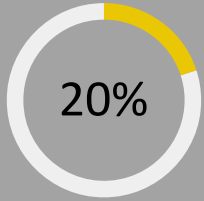
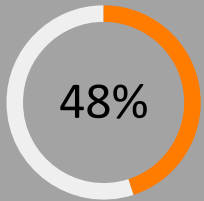


# TOP 5 WAYS TO PROMOTE MENTAL WELLNESS IN THE WORKPLACE

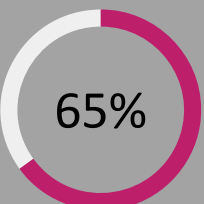
## BY THE NUMBERS



20% of adults in the U.S. have experienced mental illness.



48% of Americans consider themselves "workaholics."



65% of U.S. workers say their job is their greatest stress.



01

### Establish Core Values

People want to experience a sense of purpose when they go to work every day. It's necessary in today's labor market to define, follow and vocalize your organization's values.



02

### Set A Good Example

It doesn't matter how well-meaning your company's core values are, if leadership is not leading by example, it will negatively impact employee morale and productivity.



03

### Understand Your Employees' Experiences

Rank-and-file workers are quitting their jobs in record numbers because they feel ignored, underappreciated, overworked, underpaid, unhappy and generally stressed out.



04

### Diversity, Equity, Inclusion And Belonging (DEIB)

Diversity improves workplace culture by bringing a variety of different voices, viewpoints and skill sets to the table. Workers who feel valued are less likely to experience burnout.



05

### Mental Health Benefits

Ensure that the mental health benefits offered to employees are robust. Mental health is just as important as physical health when it comes to worker well-being and productivity.

Mythos Group welcomes an opportunity to collaborate with your organization to co-create strategies that foster mental health and wellness in your workplace.

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