



Help your employees thrive and be their best.

Employee well-being is an investment your organization can't afford to ignore. Did you know that 46% of employees would forego a 10% pay increase for additional well-being benefits? That's just one of many insights revealed in the recently released **Mercer Global Talent Trends Report**, compiled from the feedback of more than 14,000 C-suite executives, HR leaders, employees and investors.

This #MentalHealthAwarenessMonth, it's time for employers to rethink how they view workforce well-being, not just as a benefit, but as a business strategy with measurable returns. The proof is in the performance

[Learn the signs of burnout](#)

Here's what employers can do to keep burnout at bay:

- **Educate managers** so they can identify burnout signs.
- **Set role expectations and structure jobs** to make work more manageable and engaging.
- **Encourage teamwork and shared accountability.** When people work together and support one another, the workload gets lighter and challenges seem smaller.
- **Design ideal environments** that are as comfortable and inviting as possible. Employees need spaces for both gathering and getting away from the buzz.
- **Make well-being part of your culture.** Incorporate the five elements of well-being into regular conversations and work practices.



Mental health tool kit

Please click the link below to access the Novant Health mental health toolkit for employers.

[Learn more](#)



Finding ways to laugh at work

Heart doctor says humor alone won't cure what ails you – but it can help a lot.

[Laugh it off](#)

Resources and help

Need mental health help for you or your loved one? Call our 24-hour toll-free mental health access line. Licensed therapists are available.

[Call now](#)



For more information on how **Novant Health Employer Solutions** can support your company, call us at [336-277-3431](tel:336-277-3431) or send us an email at EmployerSolutions@NovantHealth.org.