

**WHAT IS THE ISSUE?**

*Recent articles suggest that there is an issue with the approach organizations have to maintaining a healthy work and life balance.*

**SIGNIFICANCE OF ISSUE:**

***“We’re propelling the burnout epidemic”***



Over the years, we as humans spend over half of our life's dedicating time into a one or various workplaces which is typically chosen based on our interests. Research has shown that many individuals fail to set boundaries with their work and their personal life leading to unnecessary stress, fatigue, high rates of staff turnover, higher rates of absenteeism staff sicknesses, and overall unhappiness.

Its common to know that every workplace has a designated first aid person. Workplaces are now implementing mental health procedures to help train certain employees to become a mentors for staff that need guidance.

**2-3 KEY USERS:**

Nancy Sole, owns a small coaching business with the aim to improve communications among staff in the workplace.

Christine Jock, a technology business owner in the city. She has roughly 30 employees that work for her.

**2-3 POINT OF VIEW STATEMENTS:**

*“Prioritizing work culture communications is one of the greatest things you can do to set your business up for success.”*

*Jock often struggles to get her team into work as they all like the conveniency of working from home ever since the pandemic hit.*

KEY IMAGES:



Figure 3: A family spending quality time together.



Figure 2: Analogy of juggling everything at once

INDUSTRY SECTORS:

Work Industries

Technology

Education

Workplace management



Figure 3 & 4: Eating and exercise are important factors

SOURCES OF INFORMATION:

Helen, A. (2021, May 6). *The burnout generation: Anne Helen Peterson on the future work | Interview*. Retrieved from TheJournal.ie: <https://www.youtube.com/watch?v=dhikdSV4i4w>

Montanez, R. (2020, Feb 10). *This Work-Life Balance Study Reveals 3 Major Problems: Here's What We Need To Ask*. Retrieved from Forbes: <https://www.forbes.com/sites/rachelmontanez/2020/02/10/this-work-life-balance-study-reveals-3-major-problems-heres-what-we-need-to-ask/?sh=609e83817277>

NA. (2020, November). *Work-life balance*. Retrieved from Health direct: <https://www.healthdirect.gov.au/work-life-balance>

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