

5 ESSENTIALS OF WORKPLACE WELL BEING

10TH ANNUAL SCHOOL WELLNESS SUMMIT

2023

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SANTA BARBARA COUNTY
DEPARTMENT OF
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**Our workplaces
play a significant
role in our lives.**

**Work affects both
our physical and
mental well being -
in good ways and
bad.**





The COVID-19 pandemic brought the relationship between work and well-being into clearer focus.

Our Nation's Current Workplace Landscape

76%

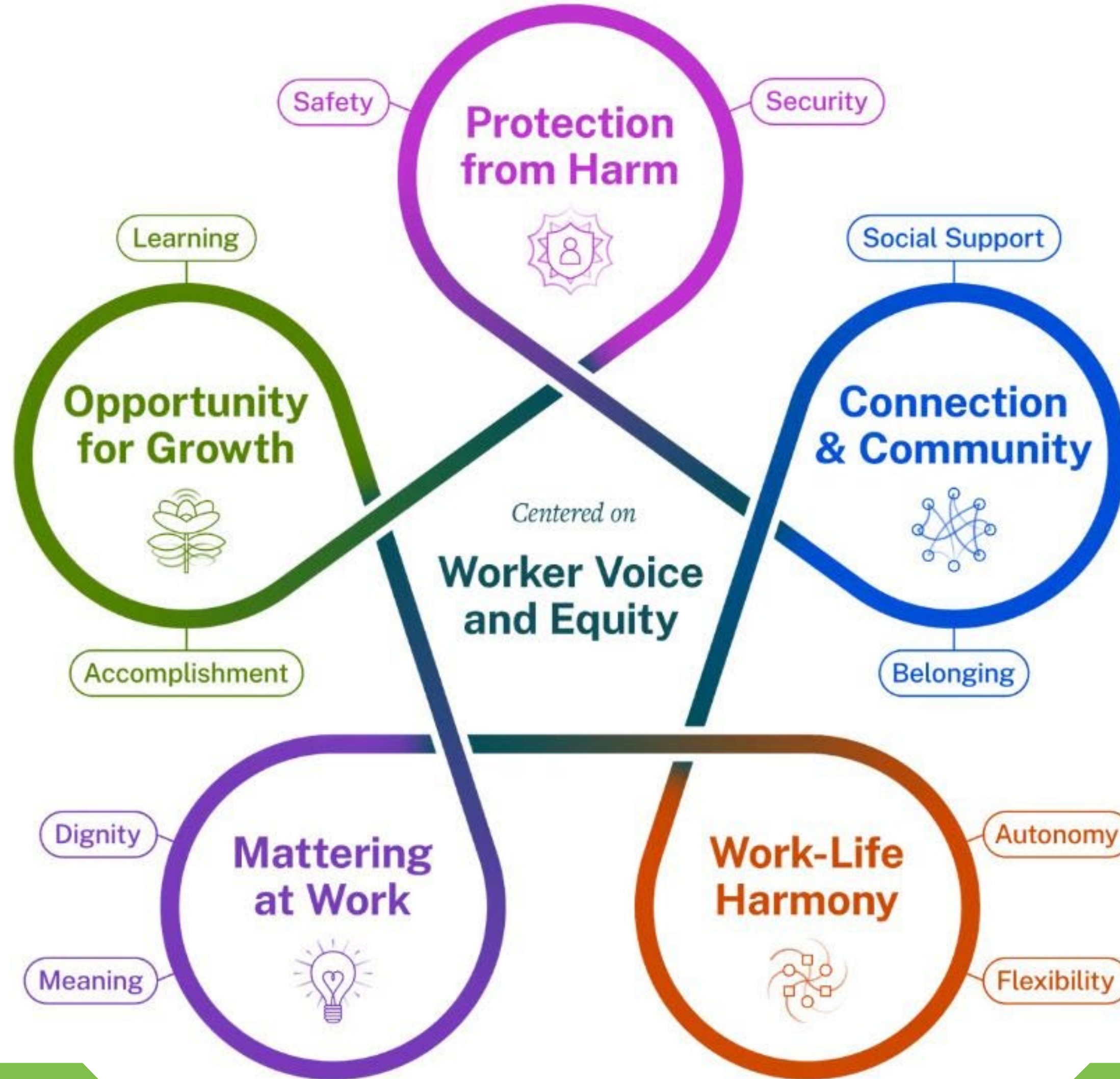
of U.S. workers reported at least one symptom of a mental health condition.

84%

of respondents said their workplace conditions had contributed to at least one mental health challenge.

81%

of workers reported that they will be looking for workplaces that support mental health in the future.



Protection from Harm



Safety



Security



Community Connection

 **Social Support**

 **Belonging**



Work-Life Harmony

Autonomy

Flexibility



Mattering at Work

Dignity

Meaning



Opportunity for Growth

Learning

Accomplishment



THANK YOU!

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