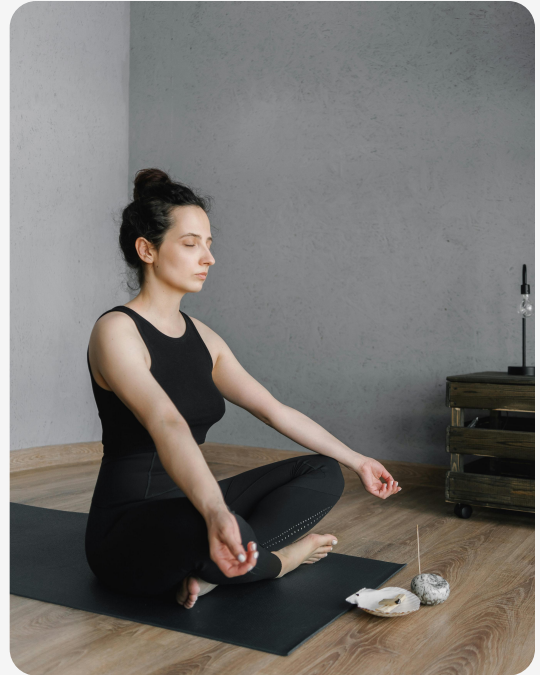


# Preventing Employee Burnout

## Tips For Employers



### Promote Flexibility

Flexibility helps reduce mental stress and improves work-life balance. Provide flexible hours or remote work and encourage regular breaks to keep your team focused and energized.

### Recognize Achievements

Acknowledgment boosts morale. Regularly recognize and reward your team's hard work to foster a positive work environment.

### Maintain Open Communication

Open dialogue builds trust. Create a safe space for employees to discuss their workload and mental health concerns without fear of punishment or retaliation.

### Provide Resources

Access to mental health resources is crucial for support. Inform your team about available resources, such as counseling services and stress management programs.

### Leverage Insurance Coverage

Comprehensive coverage supports overall mental well-being. Highlight the mental health services covered by your health insurance plan, including therapy and counseling. Meridio's IHP plans include access to therapy and psychiatry anytime, anywhere through MDLive. Learn more [here](#).