



# The Wellness Moment

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From Espyr, Individualizing the Employee Experience

## Stress and Employee Burnout

Stress is a common facet of our lives, but when it lingers, it can have detrimental effects on both your physical and mental well-being. Whether you're working remotely or in a traditional office setting, stress has been scientifically linked to significant workplace challenges such as employee burnout and increased absenteeism.

In a recent insightful blog post, our esteemed partner, Espyr, delves into the intricate relationship between stress and employee burnout. In the [first part of this series](#), they provide a comprehensive definition of burnout, outline its root causes, and even offer a self-assessment quiz to help you gauge if you might be experiencing burnout yourself. The [second part of this series](#) offers a valuable resource: the Seven Steps to Prevent or Reverse Burnout. Check out this informative series, it may help!

### About Our Partnership with Espyr

*If you're passionate about reducing employee turnover, elevating engagement levels, enhancing productivity, or simply nurturing the overall well-being of your workforce and their families, we encourage you to explore Espyr's dedicated website at <https://www.espyr.com/>. Alternatively, for personalized guidance and to discover how our partnership with Espyr can contribute to the well-being journey of your employees, please don't hesitate to reach out to our Benefits Consultant, Link Hirst, at 408-727-6771 or via email at [Link@gaim.com](mailto:Link@gaim.com). Link is equipped to demonstrate how this partnership can truly elevate the mental health journey of your employees. Your employees' well-being is our priority.*