

Employee burnout is a major issue in the United States, and it's occurring at an alarming rate – 76% of employees experience burnout on the job. The good news is that your organization can nip burnout in the bud. Arrange fitness challenges, host a webinar on the importance of sleep, or even have a nutritionist give a talk on healthy eating habits. Burnout symptoms like a lack of energy, negative emotions, and feelings of isolation are endemic and tough to overcome.