

# Creating a More Compassionate Workforce Through Meditation

Increased responsibilities, long hours, and creeping project deadlines all add up to one thing: 60% of employees feeling stressed an average of three or more days per workweek.<sup>1</sup> But what can companies do to ensure their people stay calm and composed at the office?

Check out this infographic to see how employee mental health affects stress in the workplace and how meditation can lead to a more compassionate workforce that also delivers bottom-line results:



## How stress and mental health affect office culture:

28% say “people issues” are their biggest source of stress<sup>2</sup>

63% of employees tend to work alone due to a hostile workplace<sup>4</sup>

A Gallup study found about

**67%**

of employees are disengaged at work<sup>3</sup>

## The positive effects of meditation on workplace compassion:

Mindfulness leads to better work relationships, healthier emotional expression, and a more welcoming environment<sup>5</sup>

Separate studies found that using apps like Headspace increased compassion by 23%,<sup>7</sup> reduced aggression by 57%,<sup>8</sup> and reduced irritability by 27%.<sup>9</sup>

Employees who feel compassion persevere

**30%**

longer on challenging tasks<sup>6</sup>

## Organizational benefits of a calmer, happier company:

Highly engaged workforces see a 41% reduction in absenteeism and a 17% increase in productivity<sup>11</sup>

Companies that focus on employee health and mental wellness saved \$142 per month per worker in medical costs<sup>12</sup>

In a controlled lab setting, happier workers were

**20%**

more productive than unhappy ones<sup>10</sup>

The statistics speak for themselves — meditation has a positive, tangible effect on employees being more collaborative, more compassionate, and more engaged at work.

Contact Headspace today to learn additional strategies for creating a more compassionate office.

<sup>1</sup> <https://www.cnn.com/2017/03/29/most-american-workers-are-stressed-most-of-the-time.html>

<sup>2</sup> <https://www.stress.org/workplace-stress/>

<sup>3</sup> <https://www.gallup.com/workplace/236282/american-workplace-changing-dizzying-pace.aspx>

<sup>4</sup> <https://www.mentalhealthamerica.net/sites/default/files/Mind%20the%20Workplace%20-%20MHA%20Workplace%20Health%20Survey%202017%20FINAL.PDF>

<sup>5</sup> [https://thunderbird.asu.edu/knowledge-network/benefits-meditation-workplace&sa=D&ust=1541112789144000&usq=AFQjCNEqO7\\_To9U8Ykx1T9qI0hjeer6Hw](https://thunderbird.asu.edu/knowledge-network/benefits-meditation-workplace&sa=D&ust=1541112789144000&usq=AFQjCNEqO7_To9U8Ykx1T9qI0hjeer6Hw)

<sup>6</sup> <https://www.inc.com/marcel-schwantes/with-a-single-tweet-linkedins-ceo-taught-a-major-lesson-in-managing-people-successfully.html>

<sup>7</sup> <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0118221>

<sup>8</sup> <https://mijn.bsl.nl/meditation-inhibits-aggressive-responses-to-provocations/15184918>

<sup>9</sup> <https://link.springer.com/article/10.1007/s12671-018-0905-4>

<sup>10</sup> <http://www.smf.co.uk/wp-content/uploads/2015/10/Social-Market-Foundation-Publication-Briefing-CAGE-4-Are-happy-workers-more-productive-281015.pdf#page=9>

<sup>11</sup> <http://www.gallup.com/reports/199961/state-american-workplace-report-2017.aspx>

<sup>12</sup> [https://www.rand.org/content/dam/rand/pubs/research\\_briefs/RB9700/RB9744/RAND\\_RB9744.pdf](https://www.rand.org/content/dam/rand/pubs/research_briefs/RB9700/RB9744/RAND_RB9744.pdf)