

# Employee Well-Being at Work:

What it is and how it impacts your business

Employee's sense of **contribution** and feeling their **lives are meaningful**.

Purpose-oriented employees are **47% more likely** to be promoters of their employers.<sup>1</sup>

Employee's **psychological** well-being related to positive emotions and ability to manage **stress and focus**.

**Stress** can lead to chronic health disorders and nonproductive behavior such as **absenteeism** and **lateness**.<sup>3</sup>

Employee's sense of **security** and **ability to provide** for their self and family.

Nearly **one-third of all employees** are distracted by **personal financial issues** while at work.<sup>4</sup>

Employee's **energy level**, related to **adequate sleep, nutrition and exercise**

Those who are regularly active experience a **70% improvement** in ability to make **complex decisions** over sedentary peers.<sup>2</sup>

Employee's sense of **belonging** and feeling **supported**.

When people feel socially excluded, it negatively impacts **intelligence, cognitive performance, and ability to perform complex tasks** like logic and reasoning.<sup>5</sup>



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