

DID YOU KNOW?

The five dimensions of wellbeing

Ninety-three percent of organizations believe that healthier employees are more productive — and by and large, that's an accurate assessment. But health isn't merely the absence of disease. It is a state of complete physical, mental, and social wellbeing. After all, the most common health problems can be traced back to the interconnected lifestyle factors of physical fitness, mental health, sleep, nutrition, and stress, including financial wellness.

This means that the pursuit of holistic health — in and out of the workplace — involves optimizing the full range of lifestyle factors: the 5 dimensions of wellbeing. Here's why:

Fitness

20 minutes of moderate cardio increases energy and reduces fatigue. ([University of Georgia](#))

Exercise can provide immediate cognitive benefits in just 15 minutes. ([Psychology and Aging](#))

Just 10 minutes of physical activity can increase happiness. ([Journal of Happiness Studies](#))

People who exercise experience better mental health. ([The Lancet](#))

Workers who exercise 30 minutes, 3 days a week can have 15% higher job performance. ([Journal of Occupational and Environmental Medicine](#))

Sleep

60 minutes more sleep makes you happier and healthier. (American Psychology Association, via [Sleepadvisor.org](#))

The well-rested are more engaged, productive, and more positive. ([Deloitte](#))

Mental Health

Happy employees are 12% more productive. ([University of Warwick](#))

Happy employees have 79% lower burnout and are 61% less likely to leave. ([Wrike](#))

Every \$1 spent on treatment for common mental disorders returns \$4 in improved health and productivity. ([WHO](#))

Nutrition

Eating healthy increases happiness and improves mental wellbeing. ([University of Manchester](#))

Diet and lifestyle changes could prevent 80% of heart disease, stroke, and Type 2 diabetes. ([WHO](#))

Employees who eat healthy are 25% more likely to have higher job performance. ([Journal of Occupational and Environmental Medicine](#))

Financial Wellbeing

Employee financial wellness reduces unplanned absences by 24%. ([Society of Actuaries](#))

Employee loyalty is greatly influenced by how much their company cares about their financial well-being. ([PwC](#))

If you take a benefits approach that helps your employees improve the range of lifestyle factors, they will feel healthier, happier, and more productive! Discover the [10 Things Your Employees Want in Their Workforce Wellbeing Program](#).

Send us a question: wellbeing@grokker.com

Talk to our team: **408-876-0802**

Book a demo: <https://go.grokker.com/book-a-demo>