Is Hybrid Work the Answer to Widespread Burnout?

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Majority of hybrid workers report less burnout symptoms, improved wellbeing



A majority of employees who shifted to hybrid work are reporting reduced symptoms of burnout and improved wellbeing, according to a new report.

The International Workplace Group (IWG) surveyed over 1,000 hybrid workers in the United Kingdom to find that 75% reported significant reduction in burnout symptoms, and 80% reported improved wellbeing.

"This research highlights a whole host of employee health benefits, from better sleep to more time for exercise," said Mark Dixon, IWG CEO, in a statement. "More flexibility in working patterns and reduced commuting time has enabled workers to focus on improving their physical and mental health."

According to the report, 86% of hybrid workers also felt that they could cope with day-to-day life better when working under their current arrangement. They further reported feeling:

- Less drained (79%)
- Less stressed (78%)
- Less anxious (72%)

Even HR leaders acknowledge the benefits of hybrid work, with 85% saying it improved employee productivity, the report revealed.

Solution to widespread burnout

The research points to hybrid work as a solution to widespread burnout, which a separate report revealed is currently experienced by 48% of employees across the world.

"The global shift to hybrid working is not only bringing strong productivity and financial advantages to companies and work-life balance improvements to employees, but significant health benefits too – physically, mentally and holistically," Dixon said.

Majority of HR leaders (86%) are already saying that hybrid work is now one of the most in-demand employee wellness benefits in their organization.

"Companies need to take note that not only will they have a happier, healthier workforce when they allow people to work flexibly, but people actually feel more productive and motivated," Dixon said.