

The drive to thrive

Attract and retain top talent by understanding the mental wellbeing trends that will shape workplaces in 2022.

Changing landscape



45%

of 18 – 34 year olds are planning to change jobs in the coming year



1 in 3

actively looking for an employer who prioritises mental health support in the workplace



59%

of employers planning to increase the number of new hires in the coming months compared to just 29% in January 2021



17%

of HR leaders report a reduction in motivation



23%

of HR leaders report a decrease in morale at work

Tackling mental health



54%

of employees' mental health has been negatively impacted



19%

decrease in overall mental wellbeing



59%

of employers and HR leaders state there is still a stigma about mental health in the workplace



3 in 5

employees admit they have sought help for anxiety or mental health issues



46%

of occupational health referrals are now for mental health

Health & Wellbeing



48%

of employees have felt lonely and isolated



46%

have struggled to get a good night's sleep



24%

have experienced sustained levels of anxiety.

see layahealthcare.ie/bravenewera for further information

August and September 2021. Independent online research carried out by Spark Research among 1000 employees.

