#1. In the last year, I have experienced... (Select all that apply.) (Multiple Choice)

- Increased fight/flight responses to normal workplace conflict 42%
- Increased absenteeism 13%
- Decreased ability to focus or concentrate on the job (Presenteeism) 75%
- Personal role responsibilities intruding on job responsibilities 55%
- None of the above 9%
Slide 14

#1. My colleagues and/or the people I lead talk to me about personal issues that are impacting their work. (Single Choice)

- Frequently: 34%
- Sometimes: 60%
- Never: 5%

Slide 29

#1. In my workplace... (Single Choice)

- People share their personal struggles with each other: 39%
- People ask each other for help and support: 16%
- People are familiar with benefits and resources that can help them with personal issues: 45%
#1. Which items from the healthy mind platter could you spend 15-30 minutes on sometime this week? (Single Choice)

- Sleep time: 12%
- Physical time: 32%
- Focus time: 12%
- Time in: 4%
- Down time: 14%
- Play time: 15%
- Connecting time: 11%