wondr HEALTH™

Pulse Survey Insights

The business cost of

Emotional strain

Wondr Health conducts regular surveys

gathering input to stay connected to the evolving needs of our participants. We use these insights to develop custom resources, including blogs, webinars, new program content, and toolkits that address these needs.

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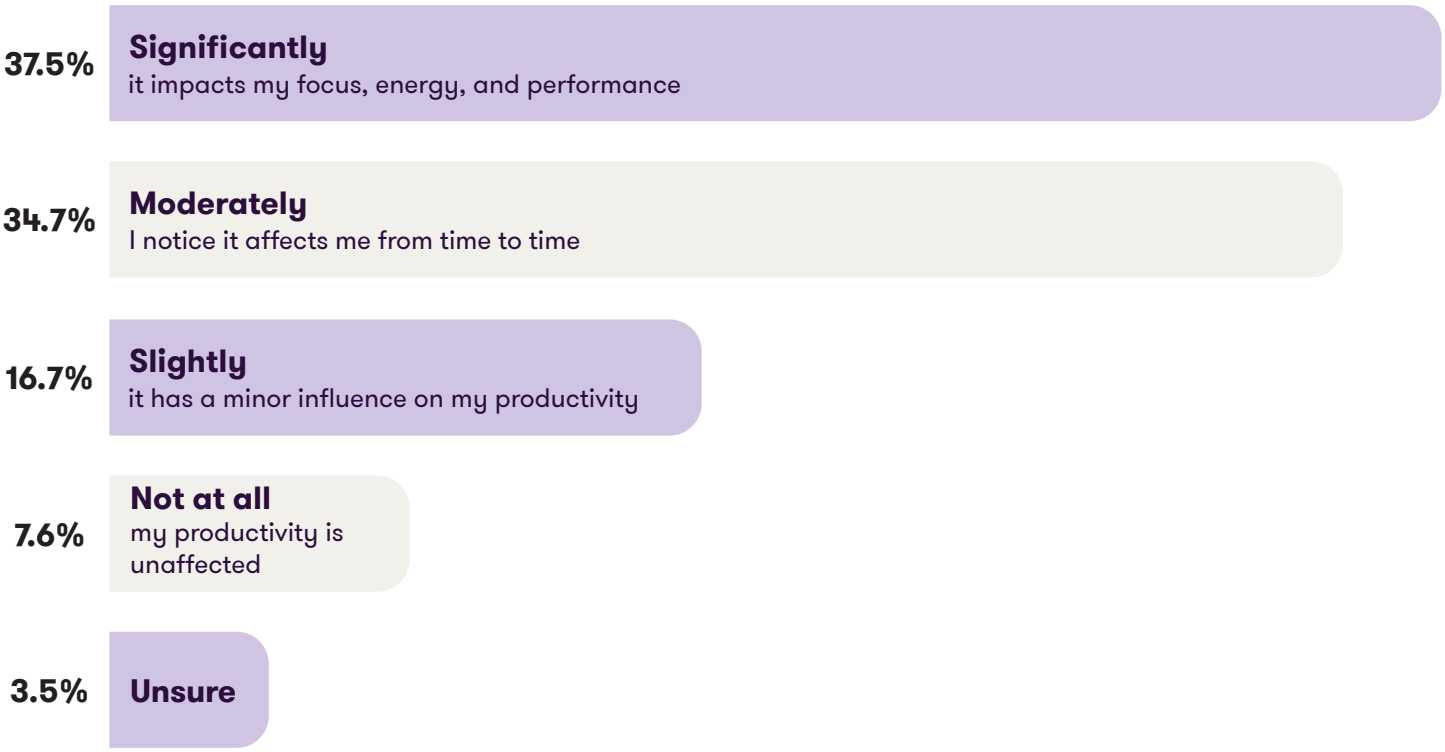
WONDR HEALTH RECENTLY SURVEYED 144 PARTICIPANTS

To reflect on how their mental and emotional well-being affects their focus, energy, and performance—a key factor in today's evolving work environment.

We asked them how much does their emotional and mental health impact their ability to be productive at work?



Source: 144 responses collected between 9/29/2025 and 10/05/2025

Emotional health is directly tied to employee performance

These findings highlight how closely mental and emotional well-being are tied to productivity—and how frequently emotional strain takes a toll. Nearly three in four respondents said their mental health affects their work, with more than one-third feeling the impact regularly on their focus, energy, and performance.

This isn't just about burnout; it's about how emotional strain quietly erodes daily output. When stress builds, even top performers can lose momentum. Supporting both mental and physical health isn't a wellness perk—it's a productivity strategy and a business imperative.

To learn how Wondr Health can help, visit wondrhealth.com

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