



EMPLOYEE WELL-BEING AT THE WORKPLACE 2025



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Introduction

Since 2020, just before the onset of COVID-19, misco has been conducting research to explore employees' perceptions of their well-being at the workplace. This research aims to provide valuable insights for employers on initiatives that can enhance their understanding of employees and contribute to the overall success of their organisation. A deeper understanding of employees' perceived wellbeing at the workplace enables companies to implement effective measures that improve both employee engagement and workplace well-being resulting in higher productivity and a sense of belonging.

Mental well-being awareness has increased significantly in recent years, highlighting its impact on various aspects of life, both personal and professional. Given that employees spend a significant portion of their time at work, it is crucial to understand how mental wellness affects them and what measures can be taken to support their well-being. Ultimately, fostering a positive work environment benefits both employees and the organisation.

This report serves as a tool, analysing essential wellbeing dimensions, such as perceived mental wellness, workplace stress, factors influencing performance, employee views on workplace initiatives, and available support systems for mental well-being. It provides actionable insights and recommendations, helping organisations prioritise employee mental wellness and drive long-term success.



Methodology

DATA COLLECTION

This survey was conducted by misco Consulting Limited in collaboration with the Malta Employers Association, aiming to gather insights into the well-being of employees at the workplace. Data was collected using an online platform over a two-week fieldwork period in the first quarter of 2025.

SAMPLE SELECTION

The survey specifically targeted employed individuals. Ultimately, 479 participants responded, providing a focused yet diverse representation of the workforce.



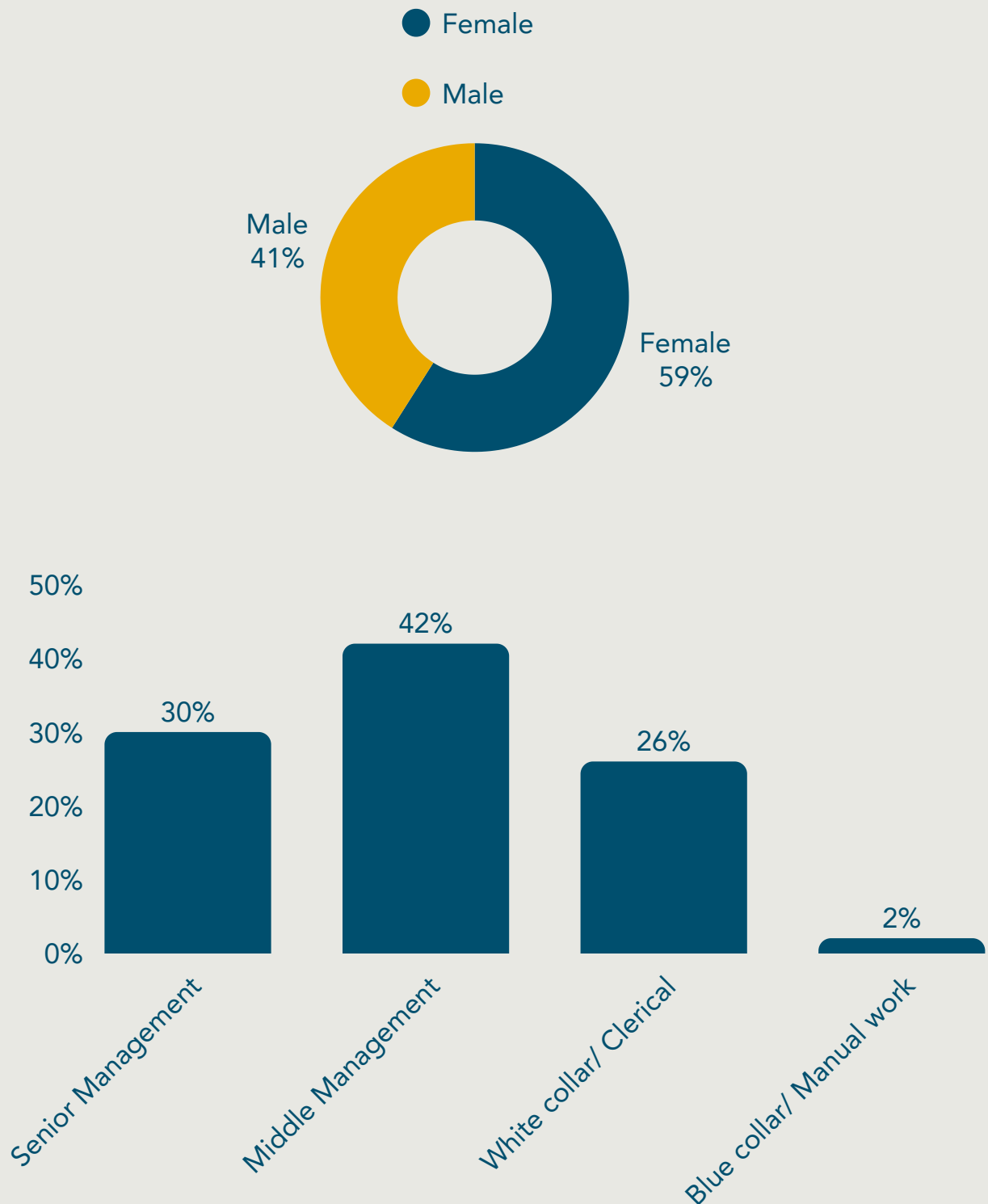
DATA ANALYSIS

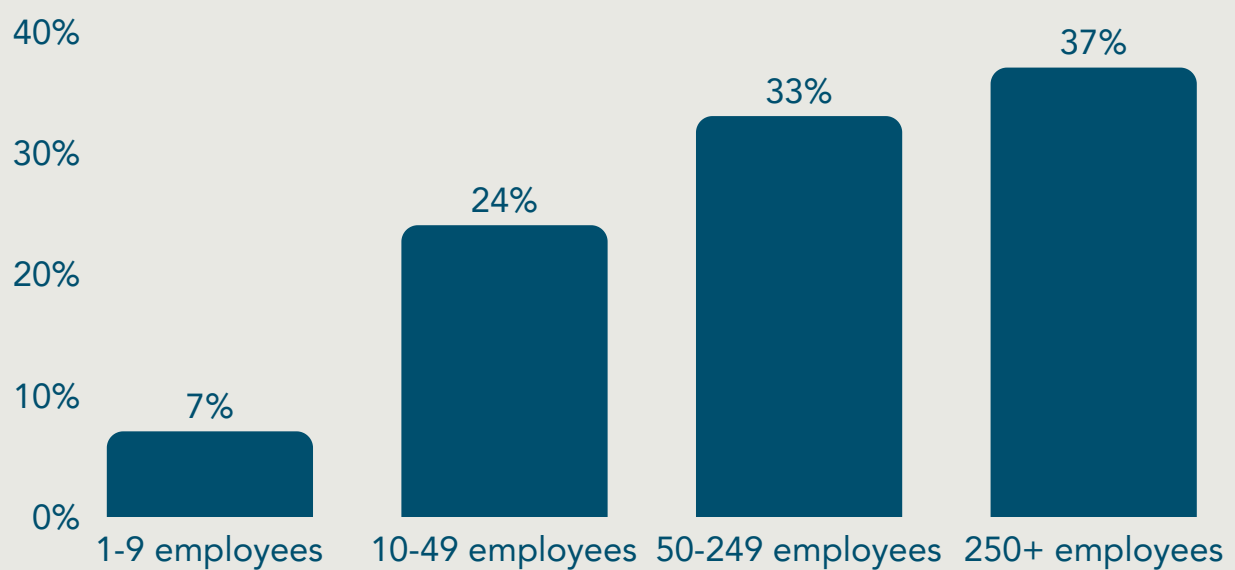
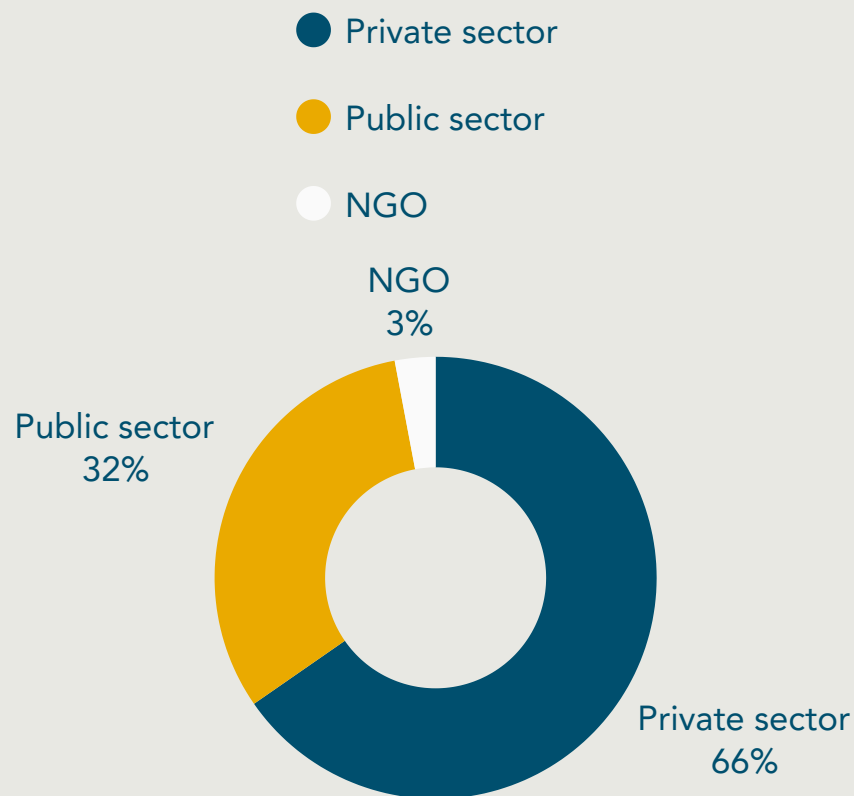
Collected responses underwent meticulous processing, involving cleaning, coding, and organising the data. The findings were then presented in an aggregated format, offering a comprehensive overview of the key trends and insights.

RESEARCH TOOLS

A combination of a defined fieldwork period, a clear target demographic, and an online survey platform contributed to the reliability and relevance of the data. Additionally, the anonymity of respondents ensured open and honest participation, enhancing the credibility of the survey results.

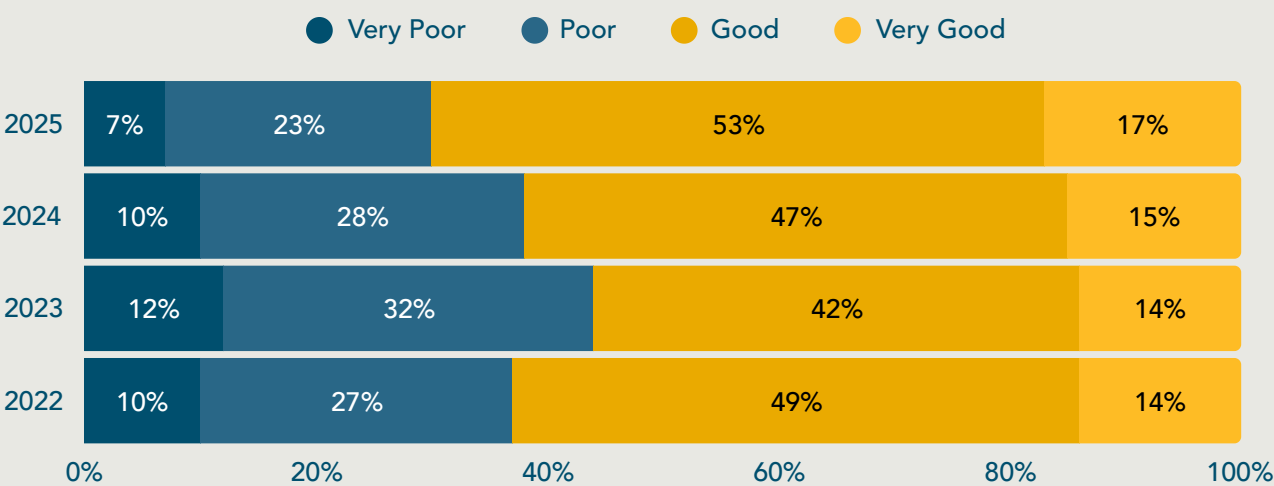
Demographic makeup of respondents





Well-being at work

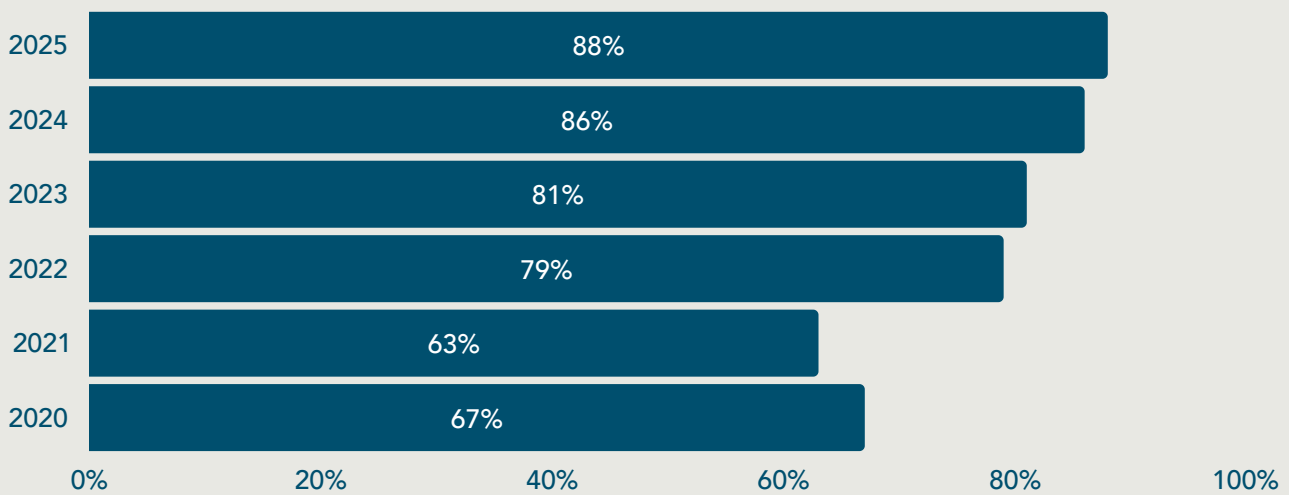
The survey began by asking respondents about their perception of their mental wellness. Compared to last year’s results, there has been a positive shift in how respondents view their current mental well-being. This year, 70% of respondents reported a positive outlook on their mental well-being. This marks an improvement from 2024 (62%). This six-percentage point increase suggested an overall improvement in how employees perceive their current mental wellness. Additionally, this year’s results have exceeded pre-COVID levels, exceeding the 68% positive rating recorded in 2020.



How would you describe your current Mental wellness?

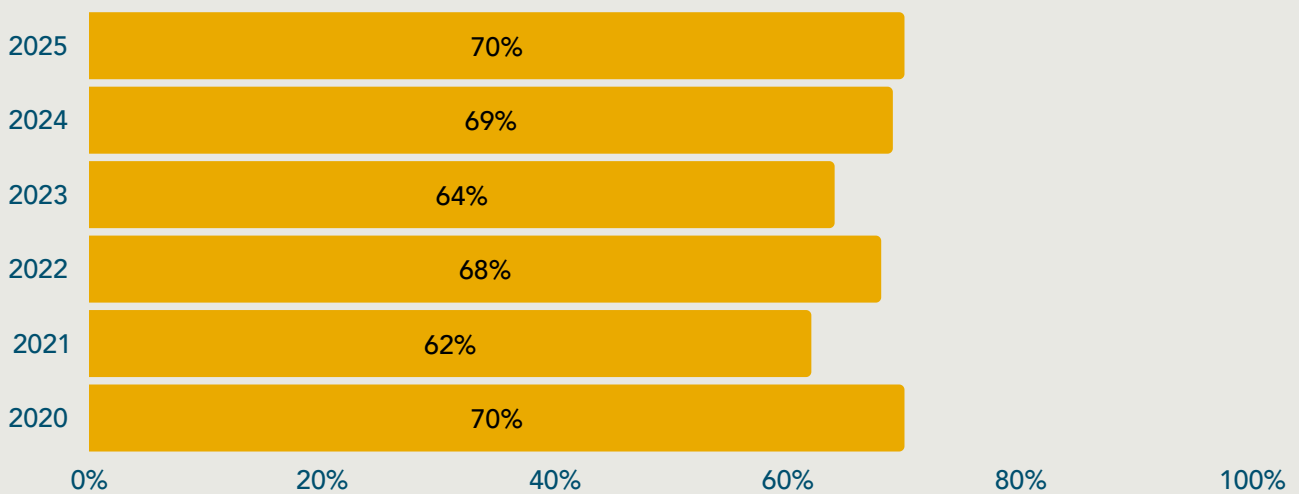
Respondents were also asked whether they had ever experienced poor mental wellness related to work at any point in their careers. In this year’s survey, 88% of respondents reported experiencing poor mental wellness related to work, throughout their working life. This figure has increased a notable amount over the past years, from 77% in 2023, and 63% in 2021, highlighting a growing prevalence of work-related mental wellness challenges. This trend raises important questions for employers - are employees becoming more aware of workplace stress, more comfortable disclosing mental health issues, or lacking the necessary skills to manage work-related stress effectively? Analysing these factors is crucial in addressing the root causes.





Have you ever experienced poor mental wellness related to work throughout your working life? (ex. feeling extremely anxious or stressed)

Respondents who experienced poor mental wellness during their working life were also asked if they had faced similar challenges at work in the past 12 months. This year, 70% confirmed experiencing poor mental wellness, which is consistent with last year's result. However, when compared to 2023 (64%) and 2021 (62%).



Have you experienced poor mental wellness caused by your job over the past 12 months?

Although this research highlights a significant rise in work-related mental wellness issues in recent years, 61% of respondents do not set aside time to unwind from work. The primary reason, cited by 53%, is that they do not see the need for it, while 36% feel their job is too demanding. Additionally, 14% are uncomfortable disclosing the reason for taking time off. One possible reason for this trend is the normalisation of workplace stress and a culture that discourages breaks. Workplace pressures and high job demands may leave employees feeling that they cannot afford to take breaks without falling behind.

Increasing from last year, 57% of respondents reported working more than 40 hours per week. For the past few years, the number of hours worked is on the increase. Extended work hours can lead to increased stress and strain on employees, emphasising the need to consider working hours as a key factor when addressing mental well-being concerns in the workplace.

Respondents were also asked how they feel at work in terms of their emotional and psychological well-being. From the table below (refer to Table 1), one can observe the variances in how people answered across a five-year span.

	2025		2024		2023		2022		2021	
	Very Poor – Poor	Good – Very Good	Very Poor – Poor	Good – Very Good	Very Poor – Poor	Good – Very Good	Very Poor – Poor	Good – Very Good	Very Poor – Poor	Good – Very Good
Energy Levels	20%	80%	27%	73%	28%	72%	25%	75%	19%	81%
Mood	22%	78%	28%	72%	30%	70%	32%	68%	24%	76%
Concentration	24%	76%	27%	73%	28%	72%	24%	76%	21%	79%
Stress Levels	45%	55%	52%	48%	49%	51%	47%	53%	45%	55%
Decisiveness	20%	80%	23%	77%	21%	79%	21%	79%	21%	79%
Confidence	17%	83%	23%	77%	21%	79%	21%	79%	16%	84%
Purposefulness	24%	76%	32%	68%	35%	65%	32%	68%	30%	70%
Sense of belonging	26%	74%	37%	63%	36%	64%	37%	63%	36%	64%
Optimism	33%	67%	36%	64%	40%	60%	39%	61%	34%	66%

How would you describe the following when you are at work?

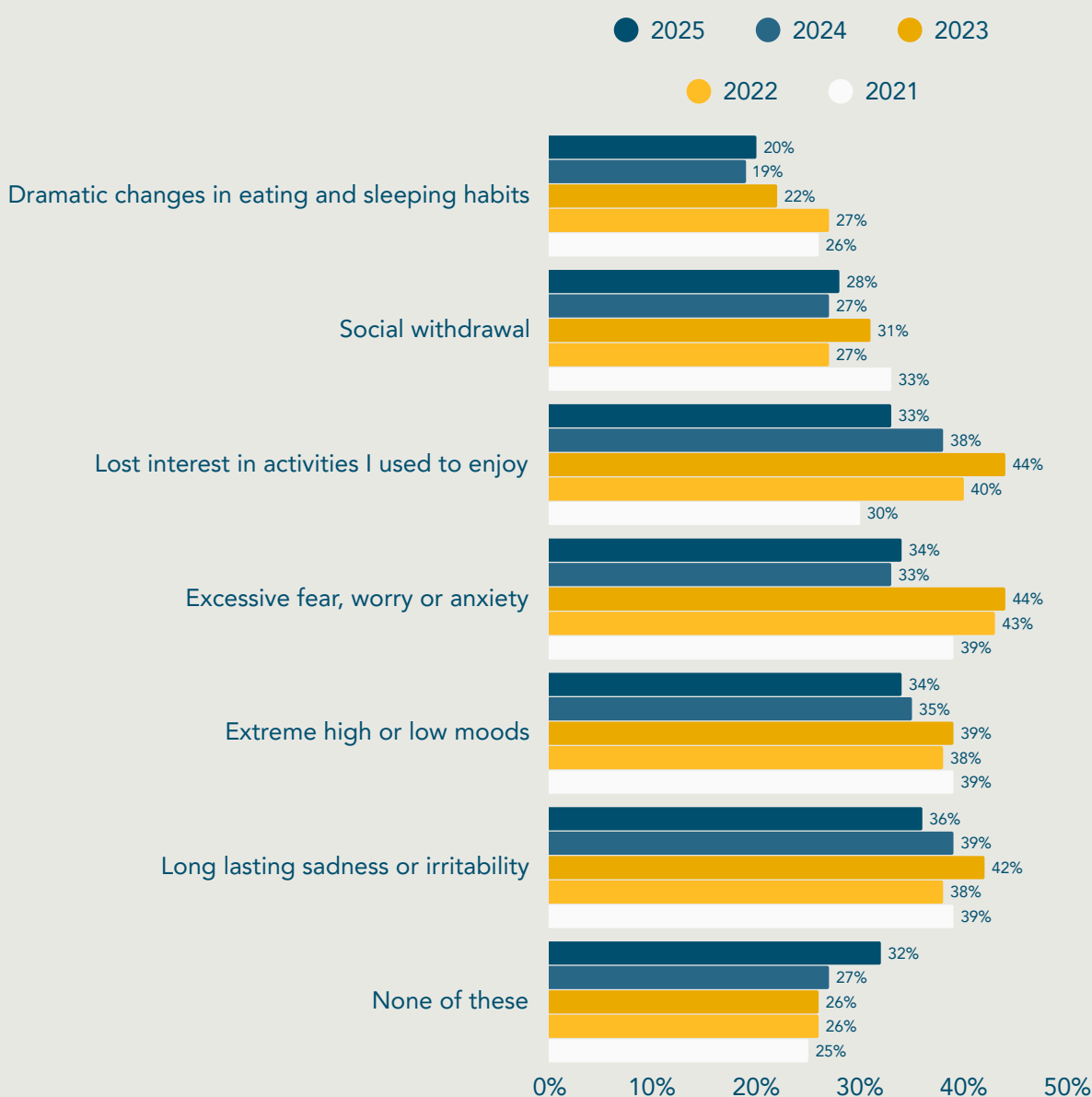
This year's data reveals an overall improvement in the emotional and psychological well-being of respondents compared to the previous year. Notable progress has been observed in key areas such as energy levels, mood, concentration, decisiveness, and confidence, suggesting a positive shift in employees' workplace experiences.

Energy levels have increased from 73% in 2024 to 80% in 2025, indicating an increase in employee vigour and engagement at work. Similarly, mood levels have improved from 72% to 78%, reflecting a more positive emotional state among employees.

Another significant improvement is seen in confidence, which has grown from 77% to 83%, suggesting employees feel more assured and capable in their roles. Additionally, decisiveness and concentration have shown slight gains, pointing to better cognitive engagement and focus on the workplace.

However, despite these positive trends, optimism remains an area of concern, requiring further attention to sustain long-term well-being and workplace satisfaction.

The data suggests that organisations should continue investing in mental well-being support, stress reduction initiatives, and inclusive workplace policies to sustain these positive trends.



Thinking about the last 12 months, have you experienced any of the following?

The survey also asked respondents to identify the negative emotions they have experienced over the past 12 months. The graph shown in Figure 8 compares the current year's results with data from previous surveys, revealing a slight increase in certain negative emotions, such as excessive fear, worry, or anxiety, significant changes in eating and sleeping habits, and social withdrawal.

Excessive fear, worry, or anxiety rose marginally from 33% in 2024 to 34% in 2025. Similarly, social withdrawal increased slightly from 27% in 2024 to 28% in 2025, pointing to a growing sense of isolation among employees. This could be attributed to factors like heightened workplace stress, a lack of social support, or the rise of remote work environments that may be contributing to employees feeling more disconnected.

Dramatic changes in eating and sleeping habits also saw a slight increase, from 19% in 2024 to 20% in 2025, suggesting a small but noteworthy trend in these areas.

On a more positive note, the percentage of respondents who reported not experiencing any of these negative emotions grew from 27% in 2024 to 32% in 2025. This could either reflect an improvement in the overall emotional well-being of participants or indicate that a growing number of employees are feeling less impacted by negative emotions at work.

A notable decrease was observed in the number of respondents who reported losing interest in activities they once enjoyed. This figure dropped from 44% in 2023 (its peak over the years) to 33% in 2025, implying a potential shift toward more engagement or a reduction in feelings of apathy.

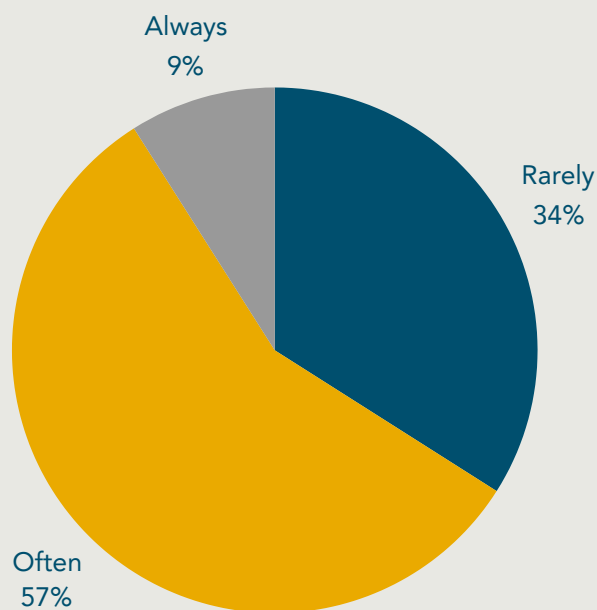
Furthermore, long-lasting sadness and irritability showed a decline over the past two years, further indicating a possible improvement in the emotional health of the workforce. These trends suggest that, while some negative emotions persist, there may also be signs of emotional recovery and better mental wellness at the workplace.



STRESS AT THE WORKPLACE

Work-related stress remains a constant theme throughout the survey findings, with significant implications for both employees and organisations.

Respondents were asked how often they find their job stressful. Notably, marking a slight decrease from the 35% recorded last year, 34% mentioned that they rarely find their job stressful. On the other hand, 57% of respondents reported finding their job often stressful, showing an increase from the 50% reported in 2024. 9% of the respondents feel that their job is consistently stressful, marking a decrease from the 11% recorded, consistently in the previous years.



How often do you find your job stressful?

This year's results highlight that heavy workload remains the leading cause of workplace stress, reported by 23% of respondents, an increase from 18% last year, continuing the upward trend observed in previous years. Lack of support and communication follows at 15%, rising from 12% in 2024. Tight deadlines, while still a key stressor, have shown a slight decrease, affecting 11% of respondents compared to 14% last year.



Issue	2025	2024	2023	2022	2021
Heavy workload	23%	18%	22%	25%	17%
Lack of support	15%	12%	8%	11%	13%
Tight deadlines	11%	14%	10%	11%	11%
Issues with colleagues	9%	5%	7%	5%	3%
Regulations and procedures	7%	7%	6%	5%	7%
Workplace environment	7%	7%	7%	5%	5%
Type of work	6%	3%	4%	5%	5%
Long hours	5%	8%	9%	8%	8%
Low morale within the workplace	5%	7%	7%	11%	7%
Lack of job security	2%	3%	6%	3%	9%
Customer/ Client satisfaction levels	2%	6%	4%	5%	5%
Bullying	1%	3%	1%	2%	2%
Other	4%	7%	8%	6%	9%

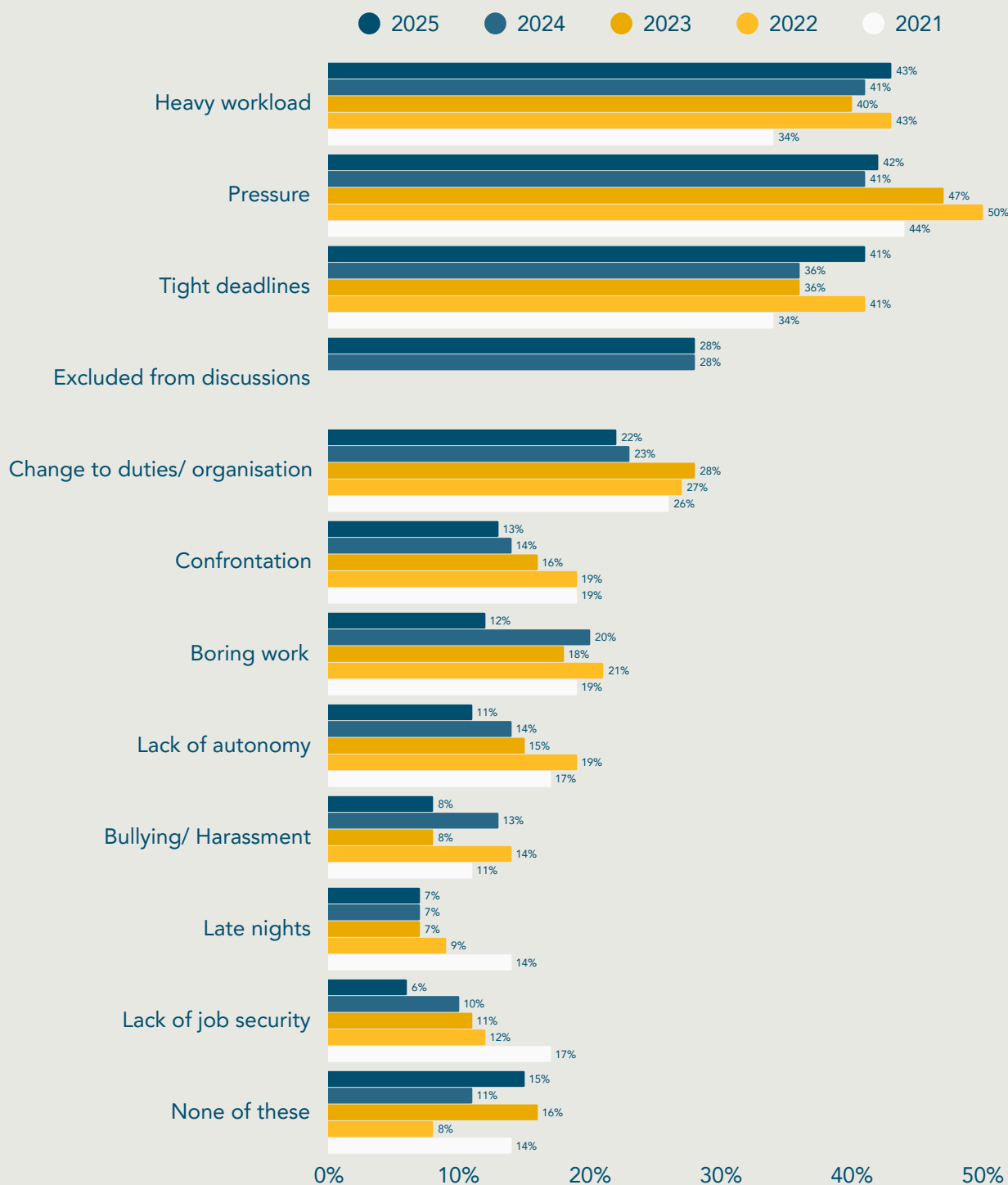
What causes you to feel stressed at work?

A significant shift is observed in stress related to issues with colleagues, which has nearly doubled from 5% in 2024 to 9% this year. However, a positive development is the decline in reported bullying, which has decreased from 3% last year to 1% in the current results, reversing the previous upward trend.

Respondents were asked about various factors they experience in the workplace. Findings indicate that heavy workload (43%), pressure (42%), and tight deadlines (41%) remain the top challenges, consistent with last year's results. However, tight deadlines have increased by 5 percentage points compared to 2024.



The chart below illustrates the variations in these findings over the past five years:



Do you experience any of the following on your job?



HOW POOR MENTAL WELLNESS AFFECTS WORK PERFORMANCE

This research also sought to understand respondents' perspectives on the impact of poor mental wellness on their work performance.

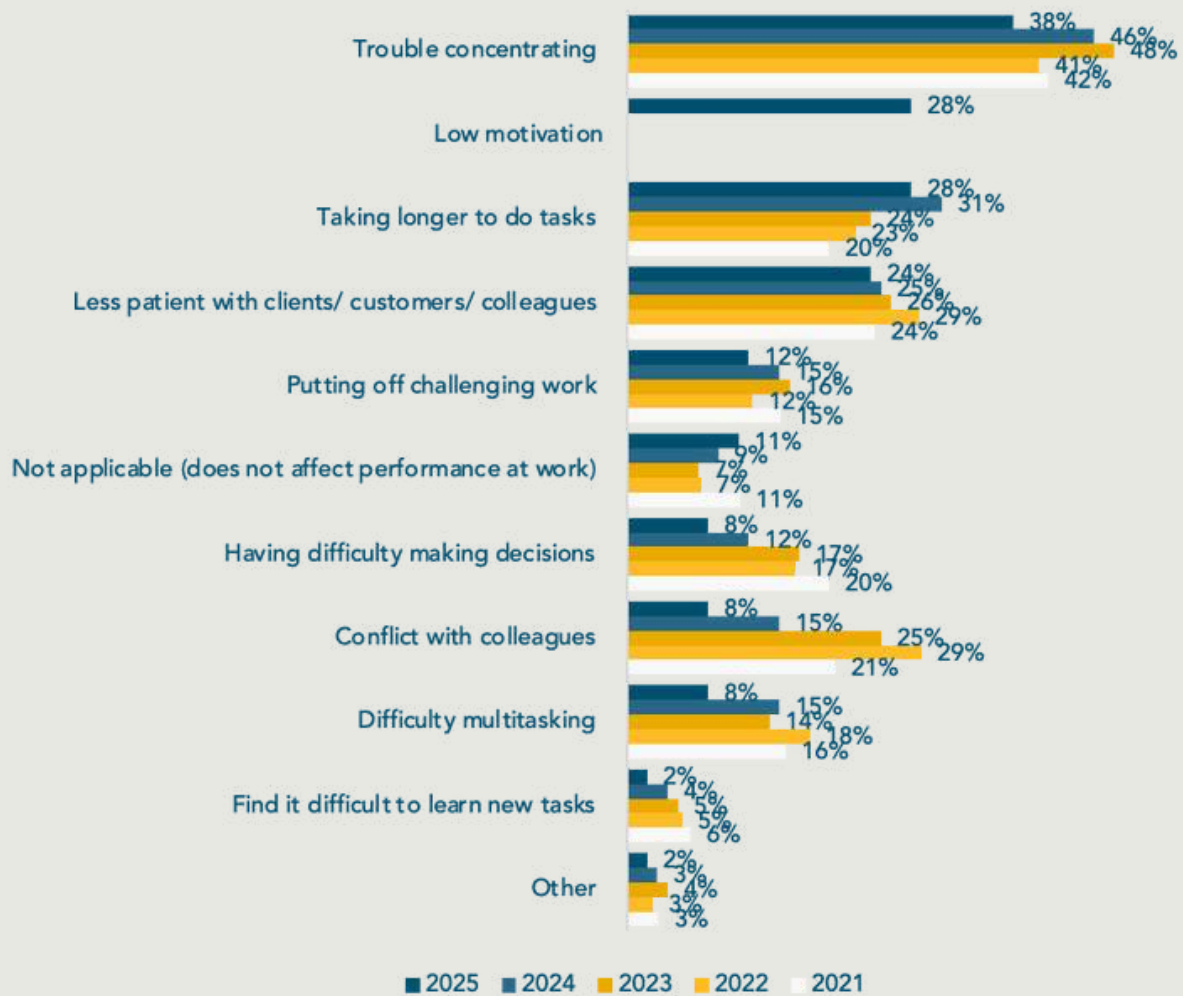
Comparing results from the past five years, we can observe the below trends:

While there is a decline in respondents experiencing trouble concentration from 46% in 2024 and 48% in 2023, it still represents a major concern with 38% of respondents in 2025 reporting this as a difficulty. Additionally, we introduced a new category this year, low motivation, which was reported by 28% of respondents.

Similarly, the percentage of respondents reporting that they take longer to complete tasks has improved, decreasing from 31% in 2024 to 28% in 2025. However, this figure is still higher than the 23% recorded in 2022, indicating that while some progress has been made, workplace efficiency continues to be affected by poor mental wellness.

Overall, the data indicates notable improvements in several key areas, such as multitasking, conflict resolution, and decision-making. However, trouble concentrating, delays in task completion and being less patient with clients/customers or colleagues continue to impact a significant portion of employees, implicating the need for ongoing workplace mental wellness initiatives.





In what ways does poor mental wellness in the workplace affect performance?



EMPLOYEE PERSPECTIVES ON EMPLOYER SUPPORT FOR MENTAL WELLNESS

We aimed to understand employees' perceptions of how their employers handle mental wellness and whether companies have implemented any of the initiatives highlighted in our previous reports over the years.

The belief that employers have a role in looking after the mental well-being of their employees remains consistently high, with 93% agreeing in 2025, similar to previous years. This suggests that employees continue to expect their organisations to take responsibility for mental health support. Similarly, the perception that colleagues would be supportive if someone were struggling with their mental well-being has remained steady, with 76% agreeing in 2025, a slight increase from 73% in both 2024 and 2023. This steady trend underscores the importance of fostering strong workplace relationships. As social beings, we naturally seek meaningful connections, making colleague support a crucial factor in workplace mental well-being. However, there is a decline in confidence when it comes to knowing how to approach discussions about mental health at work. In 2025, 42% of respondents admitted they would not know how to raise the topic, an improvement from 55% in 2024 but still a concern given the 58% recorded in 2023 and 2022. This suggests that while awareness efforts may be having some impact, there is still hesitation in addressing mental health openly in the workplace.

Encouragingly, more employees now feel that their employer takes mental well-being seriously. In 2025, 63% agreed with this statement, marking an increase from 55% in 2024 and 54% in 2023. This trend indicates growing confidence in workplace mental well-being initiatives. However, uncertainty remains about knowing who to turn to for support. While 36% of respondents in 2025 stated they did not know who to approach, this is an improvement from 49% in 2024, suggesting progress in making support resources more visible.

The data also highlights an increased perception that organisations encourage open discussions about mental wellness. In 2025, 53% agreed with this statement, up from 47% in 2024, continuing an upward trend from 42% in 2023 and 38% in 2022. This suggests that companies are making efforts to create a culture of openness.

Overall, while there are positive developments in the perception of employer support and openness around mental well-being, there remain challenges in ensuring employees feel confident in accessing help and discussing their well-being. Continued efforts in mental well-being initiatives and communication will be essential to sustaining these improvements.

Statement	2025 Strongly Agree - Agree	2025 Strongly Disagree - Disagree	2024 Strongly Agree - Agree	2024 Strongly Disagree - Disagree	2023 Strongly Agree - Agree	2023 Strongly Disagree - Disagree	2022 Strongly Agree - Agree	2022 Strongly Disagree - Disagree
Employers have a role to play in looking after the mental well-being of their employees	93%	7%	90%	10%	93%	7%	92%	8%
My colleagues would be supportive if I was struggling with my mental health/well-being	76%	24%	73%	27%	73%	27%	73%	27%
I wouldn't know how to approach the topic of my mental health/well-being if I was struggling at work	42%	58%	55%	45%	58%	42%	58%	42%
My employer takes the mental health and well-being of their employees seriously	63%	44%	55%	45%	54%	46%	56%	44%
I do not know who I would turn to in the office if I was suffering with mental health issues	36%	64%	49%	51%	49%	51%	48%	52%
I feel my organisation encourages employees to talk openly about mental health problems	53%	47%	47%	53%	42%	58%	38%	62%
My employer has introduced policies/programmes/processes to look after employee mental well being	54%	46%	46%	54%	46%	54%	56%	44%

To what extent do you agree or disagree with the following statements?



Supporting Mental Wellness

As seen in the previous results, when asked whether their employer has introduced policies, programmes, or processes to support employee mental well-being, 54% agreed in 2025, showing consistency with previous years. However, with nearly half of respondents still feeling that such measures are lacking, there is room for improvement in formalising mental well-being support.

McKinsey, in collaboration with the World Economic Forum (2021), emphasises the critical relationship between employee well-being, productivity, and economic growth, highlighting it as essential for a country's progress and prosperity. Overlooking or underestimating this fundamental relationship is simply not an option.

With the rise of hybrid and remote work, particularly following the COVID-19 pandemic, the working landscape on our island has undergone significant changes. While these flexible work arrangements have become more prevalent, they also present challenges in maintaining a healthy work-life balance, requiring continuous reassessment to meet the needs of employees. The shift to hybrid work has influenced workplace dynamics, with individuals responding differently as they navigate the balance between professional relationships and productivity. In this evolving world, the adaptability and resilience of both employers and employees play a crucial role in fostering a supportive and effective workplace.

Organisations must acknowledge these shifting dynamics and proactively implement strategies that prioritise both employee well-being and sustained productivity in this new era of work.



INITIATIVES OFFERED AT WORK

Through this study, the initiatives currently being implemented in participants' workplaces were also explored. This year, a notable increase was observed in a number of initiatives offered signalling the importance and attention companies are giving to wellbeing at the workplace.

Work-life balance - flexible hours remain the most common initiative offered, with 60% of employees stating that they are offered this benefit. Following this, 43% of respondents reported having access to employee assistance programs or therapy services at work, Companies are also making improvements toward fostering an open communication culture, with 29% of employees acknowledging such efforts, an improvement from the 23% reported last year. Additionally, there has been a rise in other well-being initiatives, including healthy lifestyle programs, which now stand at 29%. Training for line managers to support employees with mental health challenges, empowerment initiatives and the presence of mental health first aiders have continued to increase on a yearly basis. These developments indicate a positive shift in workplace mental well-being support.

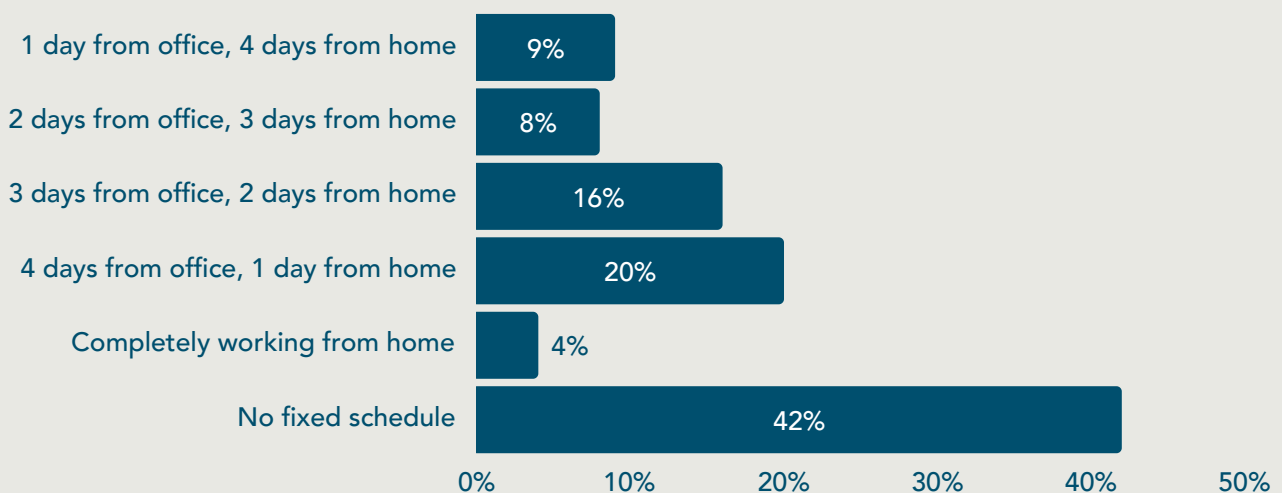
However, despite these improvements, 20% of participants still reported that their workplace does not offer any of the mentioned initiatives to enhance employee well-being. While this figure has declined compared to the previous year, it remains a concern that a portion of the workforce continues to lack access to structured well-being support in their workplace.

Statement	2025	2024	2023	2022	2021
Work life balance initiative - Flexible hours	60%	48%	48%	47%	46%
Employee assistance programme/ Therapy	43%	34%	27%	23%	17%
Open communication culture	29%	23%	24%	22%	27%
Healthy lifestyle initiatives (gym, food, lifestyle etc.)	29%	19%	17%	17%	19%
Training for line managers in managing and supporting people with mental health problems	18%	13%	10%	11%	13%
Empowerment	17%	14%	14%	15%	14%
Mental health first aider	16%	13%	10%	8%	8%
Virtual meet ups	9%	9%	13%	11%	17%
Stress Reduction initiatives	7%	7%	5%	4%	7%
Phased return to work after long absence	6%	7%	5%	6%	3%
None of these	20%	27%	31%	34%	32%

Does your workplace provide any of the following in order to improve the mental well-being of the employee?

Overall, 59% stated that they have the option to work from home, which is a 19% increase from last year. This shows an increase of flexible working arrangements being offered by organisations.

Among employees with remote work capabilities, 42% reported having no fixed schedule. Meanwhile, 9% follow a hybrid model with four days in the office and one day working remotely, while 8% split their time with three days in the office and two days at home. A larger proportion, 16%, work two days from the office and three days remotely, whereas 20% spend only one day in the office and the remaining four days working from home. Lastly, a small minority of 4% reported working entirely remotely.



Which work-from-home rotation do you work on?

Half of the respondents expressed a preference for changing their work schedule. Among them, the majority (33%) believe that a schedule of three days in the office and two days working from home would be most beneficial for their well-being, while another 22% prefer spending two days in the office and three days working remotely.

These findings suggest that a structured approach to work arrangements may offer employees a sense of routine and predictability, helping them better balance their professional and personal lives. A fixed schedule can also facilitate person interactions, fostering a sense of connection and belonging in the workplace. Additionally, having designated office days allows employees to separate work and home environments, potentially reducing stress. Some individuals may also favour the collaborative and resourceful office setting, which can enhance productivity. Job roles and team dynamics likely play a role in shaping these preferences. Ultimately, the desire for a more structured work rotation reflects an effort to create a balance that supports both mental well-being and professional responsibilities.

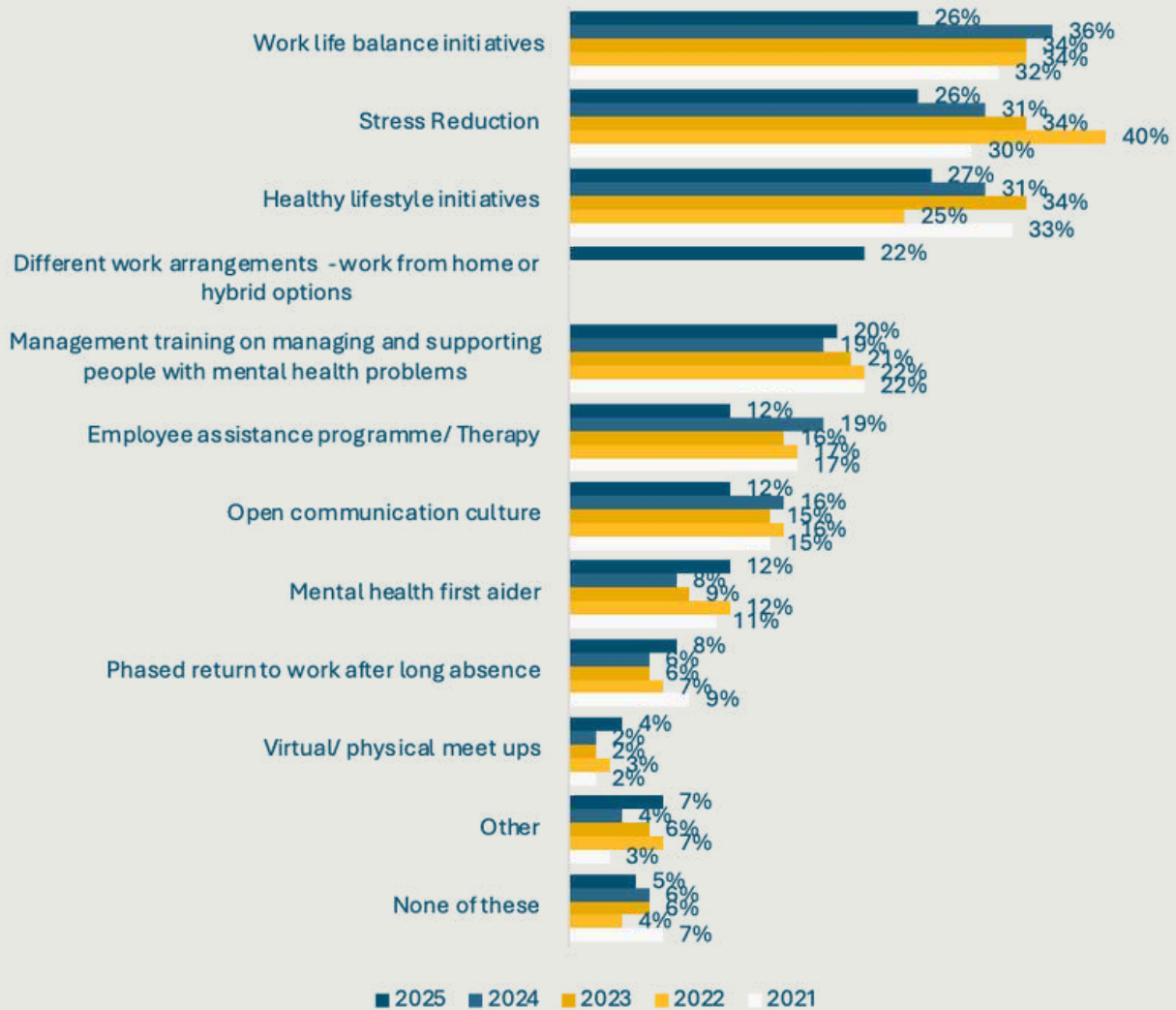
INITIATIVES THAT COULD BE INTRODUCED AT WORK

The survey also asked respondents to choose two initiatives from a list of potential actions that employers could introduce to improve employee well-being. Our research indicates that the top three initiatives favoured by respondents were healthy lifestyle programs, such as gym memberships (27%), work-life balance options like flexible hours (26%), and stress reduction strategies (26%).

In addition, 20% of respondents expressed a desire for training for line managers on how to manage and support employees dealing with mental health issues as a key initiative to enhance workplace well-being. Other notable suggestions included offering employee assistance programs or therapy services (12%), which are outsourced services companies can opt for, and fostering an open communication culture (12%).

Further insights from participants highlighted several other important themes. In terms of workload management, employees emphasised the need for a genuine understanding of their workloads and the support required to allocate resources more effectively. Others suggested that increasing headcount within teams could help distribute work more evenly. Additionally, initiatives related to team bonding and breaks were mentioned, as employees expressed a desire for a more connected and enjoyable work environment, which is crucial for fostering positive relationships and reducing burnout. Lastly, respondents pointed out the importance of leadership and communication in promoting workplace harmony. Employees suggested that stronger leadership, along with improved cross-department communication, would create a more supportive work environment.





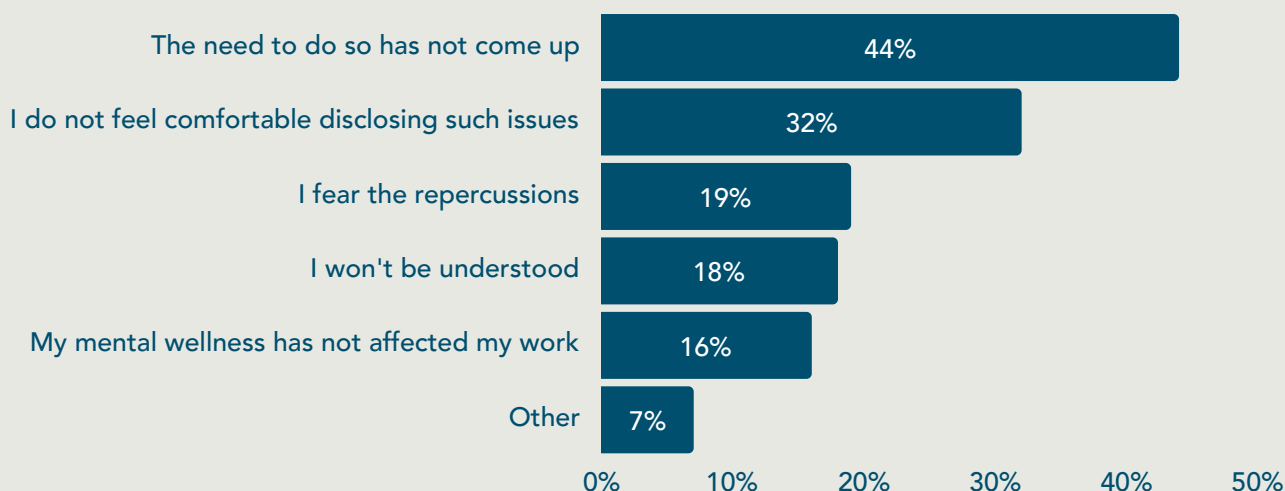
Which two of the following would you like to see your workplace introduce in order to improve the health and well-being of their employees?



EMPLOYEE DISCLOSURE AND PERCEIVED SUPPORT

This year's results show improvements in employee perceptions of support.

Over half of the respondents (56%) reported feeling confident in disclosing stress or poor mental wellness to their current supervisor. While sharing concerns about unmanageable stress or mental wellness challenges can be beneficial in preventing burnout, decreased focus, and lower productivity, 66% of respondents indicated that they have never disclosed such issues to their employer or manager. The reasons for this, include 44% stating that the need has simply never arisen, 32% feeling uncomfortable disclosing such matters, and 20% fearing potential repercussions. Barriers preventing some individuals from initiating such conversations, emphasising the need for continued efforts to foster open dialogue, and understanding in the workplace.



Why have you not felt confident disclosing unmanageable stress or mental wellness problems to your current employer or manager?

84% of respondents feel they did not experience any mistreatment as a result of disclosing poor mental wellness to their superior. This is significantly higher than the 71% reported last year, highlighting improvements in how employers handle such sensitive information.

Choosing the right initiative to help improve the well-being of employees at work might be difficult and at times is avoided due to the sensitive nature of the subject. It is strongly recommended that employers conduct an objective Employee Well-being Assessment to understand the well-being of their employees. Such an assessment would ask employees about their mental well-being and obtain a perspective of the company employees' well-being at work and initiatives that may be introduced.

This misco study has indicated that 81% of respondents are likely to take part in employee team building activities and that 81% of respondents would attend a workshop on how they could achieve a positive work-life balance if this were offered at work. Leadership development programmes (79%), talks on Mental health awareness (78%), stress or anger management sessions (78%), workshops on conflict management (75%), and attending social events like staff meetings (72%) were also mentioned.

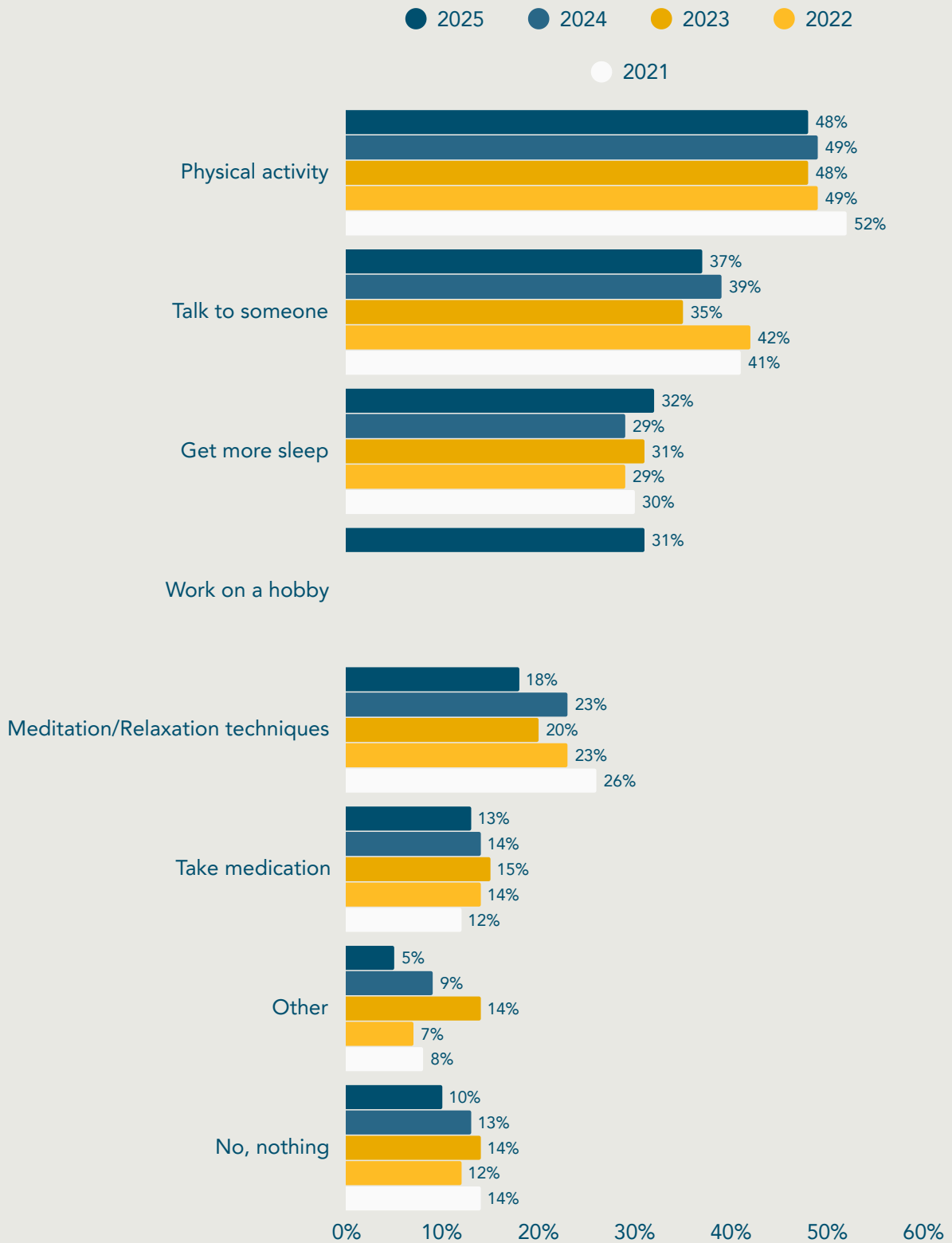
We asked respondents about the methods they use to reduce stress. Consistent with previous years' results, it is noteworthy that 48% of respondents in this year's survey reported engaging in physical activity to manage stress.

37% stated that they prefer to talk to someone to reduce stress, 32% get more sleep, and 18% utilise meditation/relaxation methods. These stress-reducing methods are positive, as they show that there is a willingness among employees to act on the stress that they are experiencing.

5% of respondents provided alternative methods they utilise to mitigate stress. They proposed employing different approaches, such as utilising sick leave, traveling and participating in social events.

10% of respondents reported that they do not take any specific actions to reduce stress. This suggests that the vast majority - 90% - actively engage in stress management strategies. Their efforts reflect a proactive approach and a heightened awareness of the importance of mental well-being. This also indicates a growing recognition of the need for self-care and resilience-building techniques in managing daily pressures.





Do you do anything to reduce stress?

Key Takeaways

- Although respondents' overall mental wellness is improving slowly year by year, 88% have experienced poor mental wellness due to work related issues throughout their career 70% of whom experienced this in the past 12 months.
- This year's data reveals an overall improvement in the emotional and psychological well-being of respondents compared to the previous year. Notable progress has been observed in key areas such as energy levels, mood, concentration, decisiveness, and confidence, suggesting a positive shift in employees' workplace experiences.
- Stress at the workplace remains a prevalent issue with 57% of respondents reported finding their job often stressful, with heavy workload, lack of support from employers, and tight deadlines remain the main causes of stress. Noticeable, as respondents work longer hours, the more likely they are to feel stress more often.
- 93% of respondents believe that employers play a key role in safeguarding employees mental well-being. Moreover, 63% agree that their employer takes the employees' mental well-being, seriously.
- Despite improvements, 20% of participants still reported that their workplace does not offer any of the mentioned initiatives to enhance employee well-being.
- Most employees agree that work from home can aid the work life balance and help improve the overall mental well-being at the workplace. Although currently most employees work from home on a no fixed schedule, this is one of the least preferred flexible work arrangements. The optimal work rotation for employee well-being is perceived as being three days in the office and two days from home.
- 66% of respondents stated that they never disclosed unmanageable stress or mental wellness problems to their current employer or manager however 56% would feel comfortable doing so.

Conclusion

This report highlights employees' perspectives and the ongoing challenges they face at work, including insights from a diverse range of participants across different demographics.

While there have been positive developments in employee energy levels and workplace initiatives, issues such as stress at work, excessive fear or anxiety, long-lasting sadness, loss of interest in activities, and social withdrawal have all increased, indicating that workplace stressors and emotional well-being remain significant concerns.

The improvements in employee engagement and support programs are encouraging, but the rise in emotional distress signals a need for further action. It is crucial to continue fostering open communication, reducing stigma around mental health, and implementing targeted policies that address these concerns. By proactively tackling what causes workplace stress and enhancing mental health resources, we can create a healthier, more supportive work environment - one that benefits both employees and organisations alike.

Companies that integrate well-being into their policies experience higher employee satisfaction levels. Adopting a comprehensive approach that addresses mental, physical, and social well-being contributes to improved overall morale in the workplace. By investing in employee well-being, companies can create a healthier, more supportive work environment. Additionally, fostering open communication and encouraging feedback enhances employee trust and boosts engagement, ultimately leading to a more productive and positive workplace.



The Contributors of this Report

This is the fantastic team of people that made this report possible.



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