

Pulse survey

CREATING A HAPPIER WORKFORCE

Wondr Health conducts regular surveys and gathers 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 to address these needs.



Wondr Health conducted a survey on happiness with nearly 500 respondents around the globe between 11/1/23 and 11/8/23. Happiness is a positive emotional and psychological state, characterized by feelings of contentment, joy, satisfaction, and well-being. Many factors make up our happiness, such as living a purposeful, engaged, joyful, and balanced life. We asked our participants to share with us which two of the choices below bring them the most happiness. What follows are the results:



Source: 455 respondents from 64 selected organizations collected between 11/1/2023 and 11/8/2023

Insights:



Close relationships and health and well-being are key to happiness

Our survey findings are in line with the 85-year Harvard study that affirms the key to happiness and health lies in close relationships. The survey also found physical and emotional health and well-being as another important source of happiness and points to the need for a comprehensive benefits strategy for overall health. By providing employees with tools to strengthen relationships and improve overall well-being, employers can help cultivate happiness among their population to ultimately engage employees, boost performance, and enhance job satisfaction and retention.

Actions organizations can take:

Wondr Health offers the following resources to support your population:

- ✓ **On-demand programs:** Mindful Relationships, 7 Days of Living with Ease, 7 Days of Mindful Relationships, 7 Days of Building Healthy Mental and Emotional Habits
- ✓ **Immersive Program:** Mindfulness at Work™: Stress Reduction
- ✓ **Blog:** Resources to boost emotional health



Mindful Relationships



Mindfulness at Work™



Resources to Boost Emotional Health