RESET A WELLNESS SERVICE OF OIC

RESILIENCE • **E**MBODIMENT • **S**YSTEMS THINKING • **E**MOTIONAL REGULATION • **T**RANSFORMATION

WHY IT MATTERS

- **76% of employees** experience **burnout** some of the time.
- Managers are feeling the strain of their roles: 64% said their **mental health affected their ability to do their job** over the past year (compared with 57% of non-managers).
- More employees are talking about their own **mental health challenges in the workplace**, growing from 23% in 2021 to 46% in 2023.
- **68% of Millennials & 81% of Gen Zers** cited mental health as a reason for leaving a role, showing increased rates from previous years.
- **81% of workers** say that **support for mental health** in the workplace is a factor they consider in job opportunities.



Sources: Lyra Workplace Mental Health Report; 2023 State of Workforce Mental Health Report

WHAT OUR PARTNERS SAY

"OIC's approach to holistic wellness is essential to our trauma-informed focus as a community partner. Our team also enjoys the wellness benefits and services OIC offers to support individual growth and self-care."
— Executive Director/CEO partner at a non-profit

"We loved the program that OIC put together for our staff. Everything from their yoga sessions to meditation to group reflection/healing sessions were of excellent quality. We got nothing but positive feedback from staff about the services" *— Mid-level partner in healthcare*

"The service [from] Omaha integrative care has helped provide staff with an outlet to relieve stress, improve their personal health, and give them an opportunity to take care of themselves."
— Senior-level partner in the education field

"The three benefits I have experienced are: increased self-awareness, better coping skills to manage stress and emotions and a safe space to learn."
— Individual contributor partner in tech industry

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