

workplace ~~wellness~~ worry inventory

- no benefits upon hire
- rotating shifts
- mandatory overtime
- inconsistent schedules
- no room for Movement
- no time for Breaks
- no financial wellness / literacy training
- no wellness programs
- no EAP
- no safety training
- no living wages (what % do you think makes a living wage?)
- not enough sleep
- inconsistent sleep
- stuck in the stress cycle
- hours affecting parents with school-aged children
- 0-1 week of PTO upon hire
- hide behind email / text
- managers don't meet with employees (groups)
- managers don't meet with employees (one-on-one)
- too much time spent in meetings
- frequently have people with childcare conflicts (COVID-19 aside)
- people don't have vacation time
- people don't take vacation time
- people don't take regular breaks
- people don't take lunch breaks