



explorance
world 2024



Building a Foundation: Using Feedback and AI to Cultivate a Culture of Wellness

Alexa James, CEO of NAMI Chicago | June 28, 2024



What is Burnout?



Emotional Exhaustion



Chronic Fatigue



Diminished Motivation



Insomnia



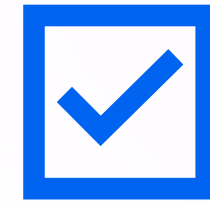
Isolation



Feelings of Worthlessness



Lack of Satisfaction in Daily Activity



Lack of Confidence

How Do We Address Burnout?

Foundations of Mental Wellness



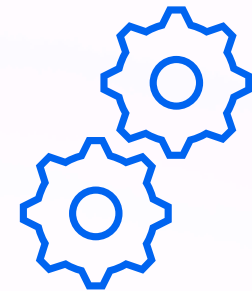
Demand for Workplace Wellness

Companies need to go beyond traditional wellness practices to support their organization

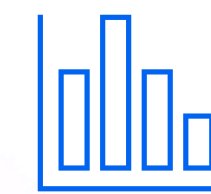
- 01** Prioritize the needs of their mental and physical well-being.
- 02** Commitment to healthy work-life balance.
- 03** Provide resources to help staff succeed both in their personal and professional lives.
- 04** Invest in the staff's future.

AI & Workplace Wellness

AI can support workplace wellness through:



Creating personalized tools and resources to support the individual



Understanding sentiment of organization-wide culture surveys



Providing confidential mental health support



Offering tools and resources to manage stress



Crafting plans to support an individual's physical health



Improving work-life balance

Implementing Workplace Wellness

We need to better understand the needs of our staff and implement holistic practices to support them

1

Audit how employees perceive your workplace environment

2

Identify what resources staff require to enhance their physical and mental well-being in the workplace

3

Dedicate the staff, time, and resources needed to implement wellness needs for staff and continually monitor

It Starts with Us.

Find workplace wellness trainings at namichicago.org

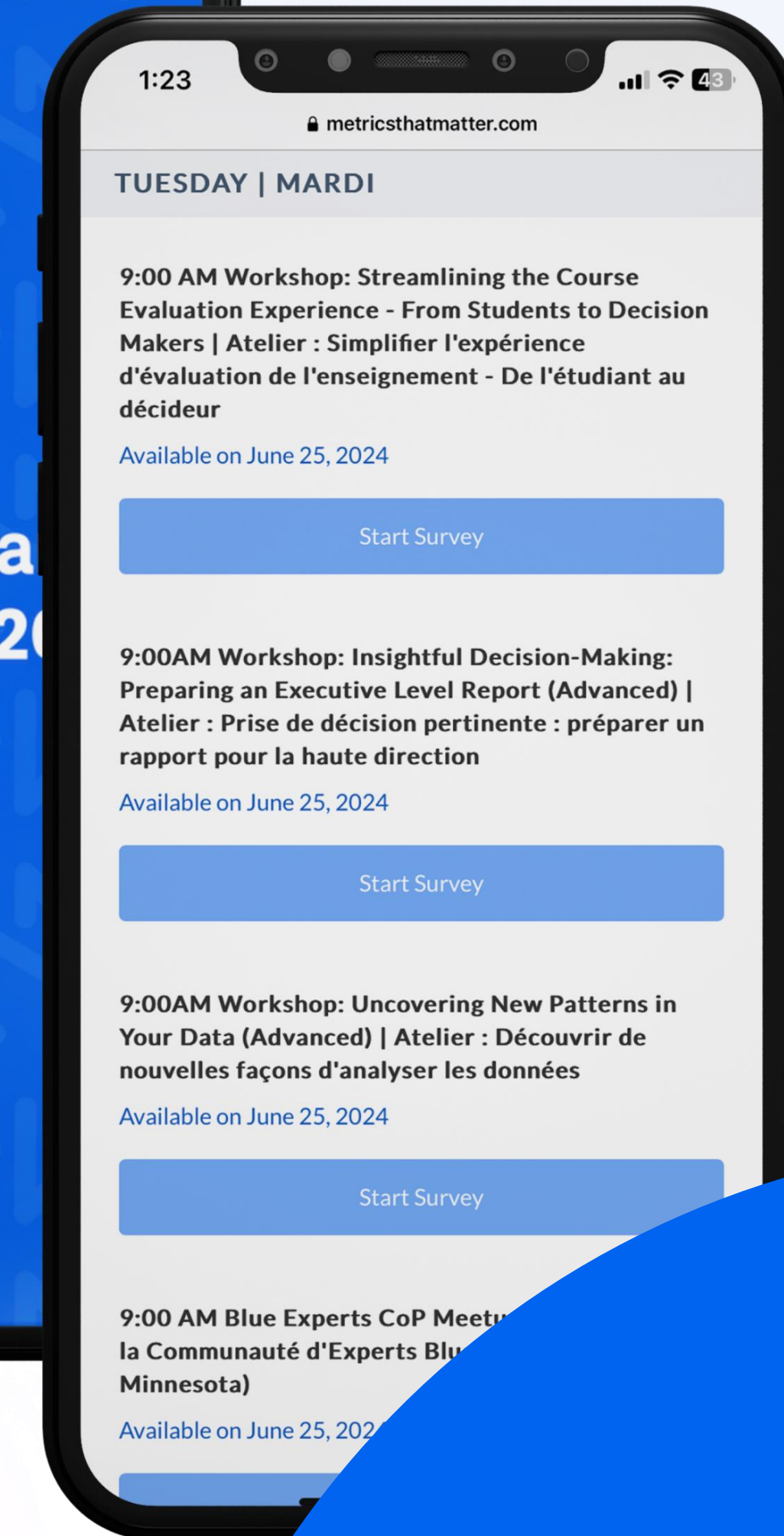
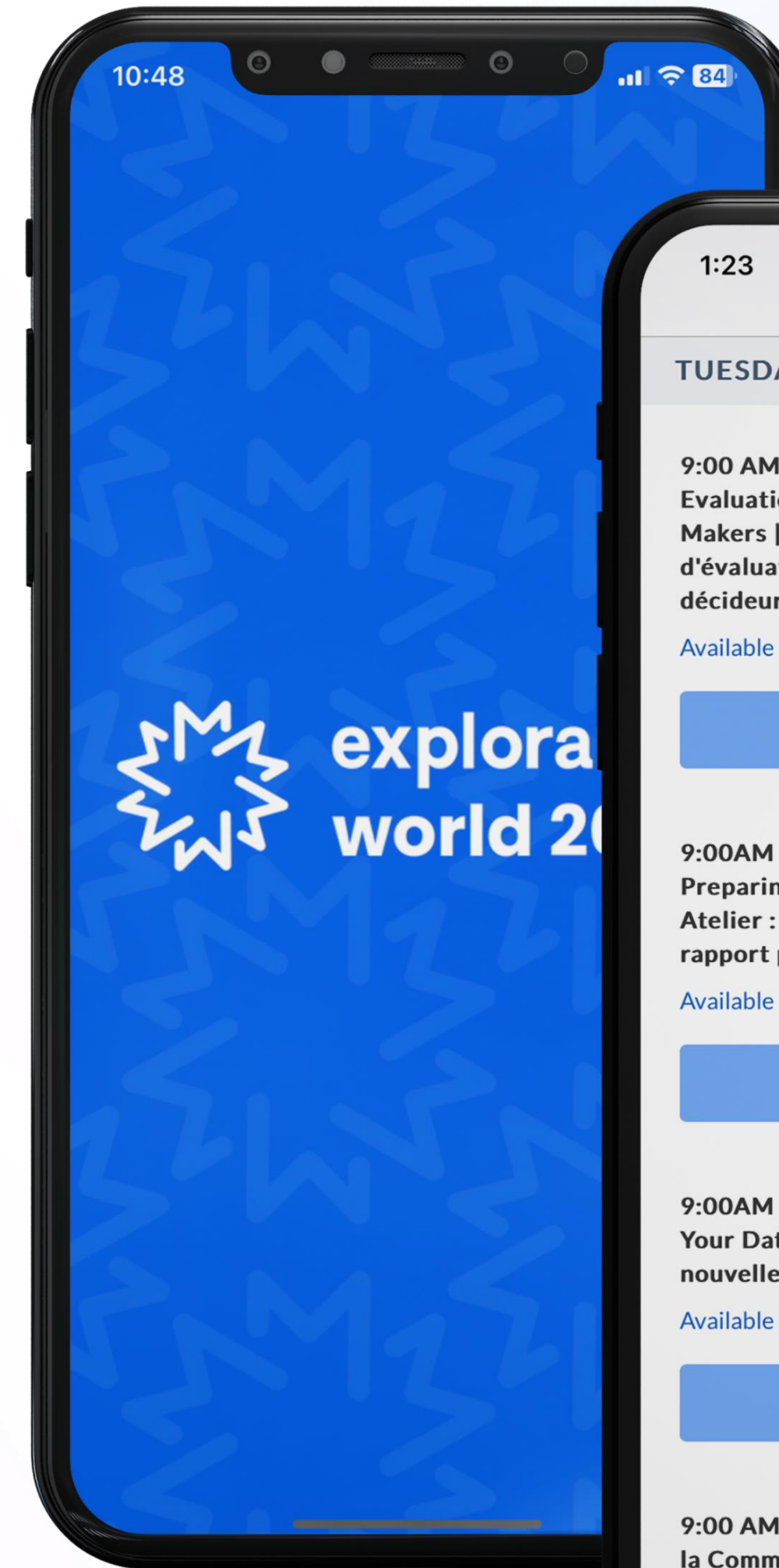


**explorance
world 2024**

Provide Your Feedback!



CONFERENCE SURVEYS



Thank you!

Questions?

Contact

Alexa James, CEO
alexa@namichicago.org

Colleen Murphy, Director of Workplace Wellness
colleen@namichicago.org