



# Coronavirus: Employer Town Hall *Addressing Pandemic Fatigue*

March 4, 2021  
5:00 PM ET

# Moderators & Participating Panel



Michael Thompson  
President & CEO  
National Alliance



Darcy Gruttadaro  
APA Foundation Center for  
Workplace Mental Health

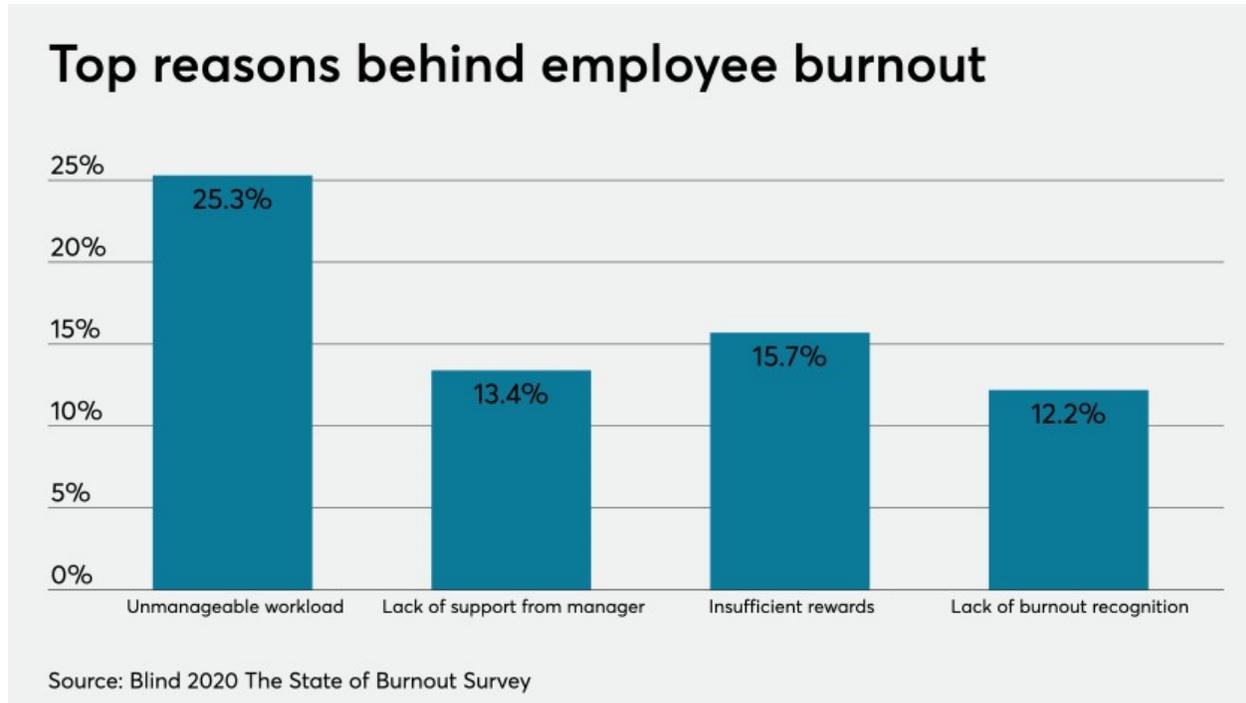
## Today's Panel

- Eliane Boucher, Research Scientist, PhD, Happify Health
- Omar Dawood, MD, Chief Medical Officer, Calm
- Thomas Ferraro, Vice President, MetLife
- Karinn Glover, MD, Attending, Adult Outpatient Psychiatry at Montefiore Health System and Assistant Professor of Psychiatry and Behavioral Sciences, Albert Einstein College of Medicine
- Mary Romero Hart, Senior Manager, COE Benefits, Sandia National Labs
- Andrew Shatte, PhD, Chief Knowledge Officer and Co-Founder, meEquilibrium
- Karan Singh, Co-Founder & COO, Ginger

# Pandemic Fatigue

- Spending extra time and energy dealing with the pandemic “lifestyle”
- Emotionally, psychologically, socially, spiritually tired and not motivated
- Isolation and loneliness
- Overwhelmed and smothered
- Lack of routine
- Opportunity cost
- Lacking a sense of optimism

# Companies aren't Prepared to Deal with Employee Burnout



- The number of employees suffering from burnout is climbing during the pandemic, due to added workloads, fewer in-person interactions and less breaks
- More than 60% of employees say they are burned out
- Less than 15% said their company had a plan in place to alleviate stress
- \$125 billion in lost productivity and healthcare costs (Gallup)

***25% of employees plan to quit their jobs post-pandemic – main reason- burnout***

# Mitigation Strategies for Pandemic Fatigue

- Check in with teams on a regular basis
- Outline manageable work expectations
- Encourage a productive work/life balance
- Trust employees to do the job
- Reevaluate personal expectations
- Create structure
- Self-care
- Seek professional help if needed

# Questions?



**Eliane Boucher, PhD**  
Happify Health



**Omar Dawood, MD**  
Calm



**Thomas Ferraro**  
MetLife



**Karinn Glover, MD**  
Montefiore



**Mary Romero Hart**  
Sandia National Labs



**Andrew Shatte, PhD**  
meQuilibrium



**Karan Singh**  
Ginger

## Upcoming Town Hall & Webinars

**Debunking Myths of Covid-19 Vaccines – Medical Director Advisory Council**

**March 11** | noon-1 p.m. (EST)

**Assessing a Plan's Efforts to Address Health Inequities: The Role of NCQA's  
Multicultural Healthcare Distinction Program**

**March 18** | 2:00 p.m.- 3:00 p.m. (EST)

**Mental Health Index – U.S. Worker Edition**

**March 19** | noon-12:30 p.m. (EST)

