



Grokker Supports Workforce Mental Health

Helping employees feel happier, healthier, and more connected!

Did you know that nearly **60%** of workers are currently struggling with mental health issues, including feelings of anxiety, depression, burnout, and trouble concentrating? And 65% of employees report losing 10+ hours of weekly productivity due to mental health issues?

Employee mental health challenges are nothing new, but they're finally getting the attention from employers they deserve. The pandemic's profound impact on peoples' mental and emotional states — and, in turn, employees' ability to remain engaged and productive — has helped force the mental health conversation out into the open and into more comprehensive workforce wellbeing programs.

Now, more than ever, it is critical for employers to provide support that helps employees cope with everyday stressors, stave off burnout, relieve feelings of anxiety, find clarity and focus, and build resilience.

Grokker makes it easy and enjoyable for employees to build resiliency and focus on their mental health needs.

The complete, on-demand wellbeing engagement solution available anywhere in the world, anytime, and on any device, Grokker is ideal for global employers who want to provide their workforce with the tools and support they need to maintain their physical fitness, eat better, sleep more soundly, support their emotional health, and calm financial fears.

By completing Grokker's mental health programs, watching individual videos, or participating in mind-themed challenges, employees learn and practice effective techniques that leave them feeling calmer, more focused, energized, and confident — no matter their goals!

Employee feedback on Grokker's mental health resources:

“

Found it very relaxing. Did it with colleagues at a conference, so it was very timely and appreciated.

from 5-Minute Mental Recharge

“

A really very useful program and an amazing instructor. Her advice helped me to release stress at work and my responses are [now] different towards stressful situations.

from Breaking Free From Stress - Cognitive Behavioral Therapy

“

A wonderful break to re-center! So relaxing and peaceful. Thank you! :)

from Anxiety Reducing Meditation

“

Learned how to allow my mind to settle through thoughts, feelings and emotions during the day.

from Focus on the Positives

“

Wow, great advice on experiencing life with a mindful spirit!

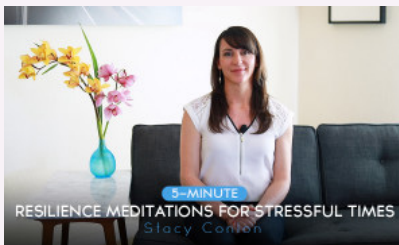
from Be Mindful of How You Feel

“

I've definitely come a long way. Thanks!

from Believe in Yourself

INCLUDED IN GROKKER'S LIBRARY OF MENTAL HEALTH PROGRAMS:



Meet a few of Grokker's Mind Experts:



Dr. Catherine Wikholm
Clinical Psychologist

Personal Mission: To help others to overcome difficulties and achieve an improved sense of wellbeing.



Manisha Thakor
Personal Finance Expert

Personal Mission: To help people “live a richer life” — literally and figuratively.



Andrew Johnson
Therapist, Coach, Trainer

Personal Mission: To teach people simple techniques giving them control over how they feel physically, emotionally, and energetically.

Send us a question wellbeing@grokker.com
Talk to our team 408-876-0802
Book a Demo <https://go.grokker.com/book-a-demo>

About Grokker

Grokker is the award-winning wellbeing engagement solution that empowers employees to take control of their physical and emotional health with personalized programs and a caring community of experts to encourage them all along the way. Grokker's proprietary whole person approach integrates and inspires with our proven method of connecting employees to colleagues and content. No matter where they are, Grokker supports your entire workforce so they can maintain physical fitness, eat better, sleep more soundly, address their emotional health and calm financial stress.

Trusted by industry leaders, including Pinterest, Delta Air Lines, Pfizer, eBay, Mandarin Oriental Hotel Group and Dominos, Grokker's modern, affordable solution builds happier, healthier and more resilient workforces. Learn more at www.grokker.com.

Grokker