OF WORKING PROFESSIONALS ARE BURNED OUT

*Blind received survey responses from a total of 3,921 users
TOP REASONS FOR BURNOUT:

- 25.3% Unmanageable workload
- 15.7% Insufficient rewards
- 15% Lack of control over work
- 13.4% Lack of support from manager
- 12.2% Burnout is not a problem here
- 10.2% Unfair treatment
- 8.3% Other
BURNOUT INDICATOR

Low  Medium  High

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Regional Breakdown of Burnout

- Seattle: 62.9%
- Portland: 66%
- San Francisco Bay Area: 61%
- Los Angeles: 60.7%
- Texas Triangle (Houston, Austin, Dallas): 60.6%
- Chicago: 61.9%
- Florida (Orlando + Miami): 66%
- New York: 57.9%
- Boston: 58.8%
- Philadelphia: 43.1%
- Washington D.C.: 64%
- Los Angeles: 60.7%

Burnout percentages range from 30-45.5%, 46-64.5%, to 65-80%.
Burnout Rate: Finance vs. Tech Companies

Finance: 58.6%
Tech: 61.7%

30-45.5% 46-64.5% 65-80%
The 10 Most Burned Out Companies

- Oracle: 78.6%
- T-Mobile: 76.5%
- Apple: 76.2%
- Cruise Automation: 75%
- PayPal: 71.9%
- Splunk: 70.6%
- Groupon: 68.8%
- JPMorgan Chase & Co.: 68.4%
- Wayfair: 68.2%
- Lyft: 66.7%

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30-45.5% 46-64.5% 65-80%
The 10 Least Burned Out Companies

- Bloomberg
- Intuit
- Zillow Group
- Salesforce
- IBM
- SAP
- NVIDIA
- Intel Corporation
- eBay
- Workday

Percentage distributions:
- 30-45.5%
- 46-64.5%
- 65-80%
Job Function Breakdown of Burnout

- Marketing and Communications: 74.8%
- Finance and Accounting: 66.7%
- Sales/Support: 64.8%
- Business Strategy/Operations: 64.1%
- HR: 59.6%
- Engineering and Technology: 59.5%

Categories:
- 30-45.5%
- 46-64.5%
- 65-80%
SOURCE
teamblind.com

For more information, please contact: press@teamblind.com