


Employee Well-being: Mental Health as a Performance Driver

Terryberry Product
Spotlight Webinar


May 20, 2025



Wellness Workshop - Beat Perfectionism


[Register now](#) [View worksheet](#)

Audio Guides



The interplay between anxiety and depression
Part 4
⌚ 6 min

Weekly Readings



Stress and anxiety - the basics
📖 4 readings

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Presenter

Daniel Bladon

Product Manager, Be Well
Terryberry



Presenter

Travis Poppleton

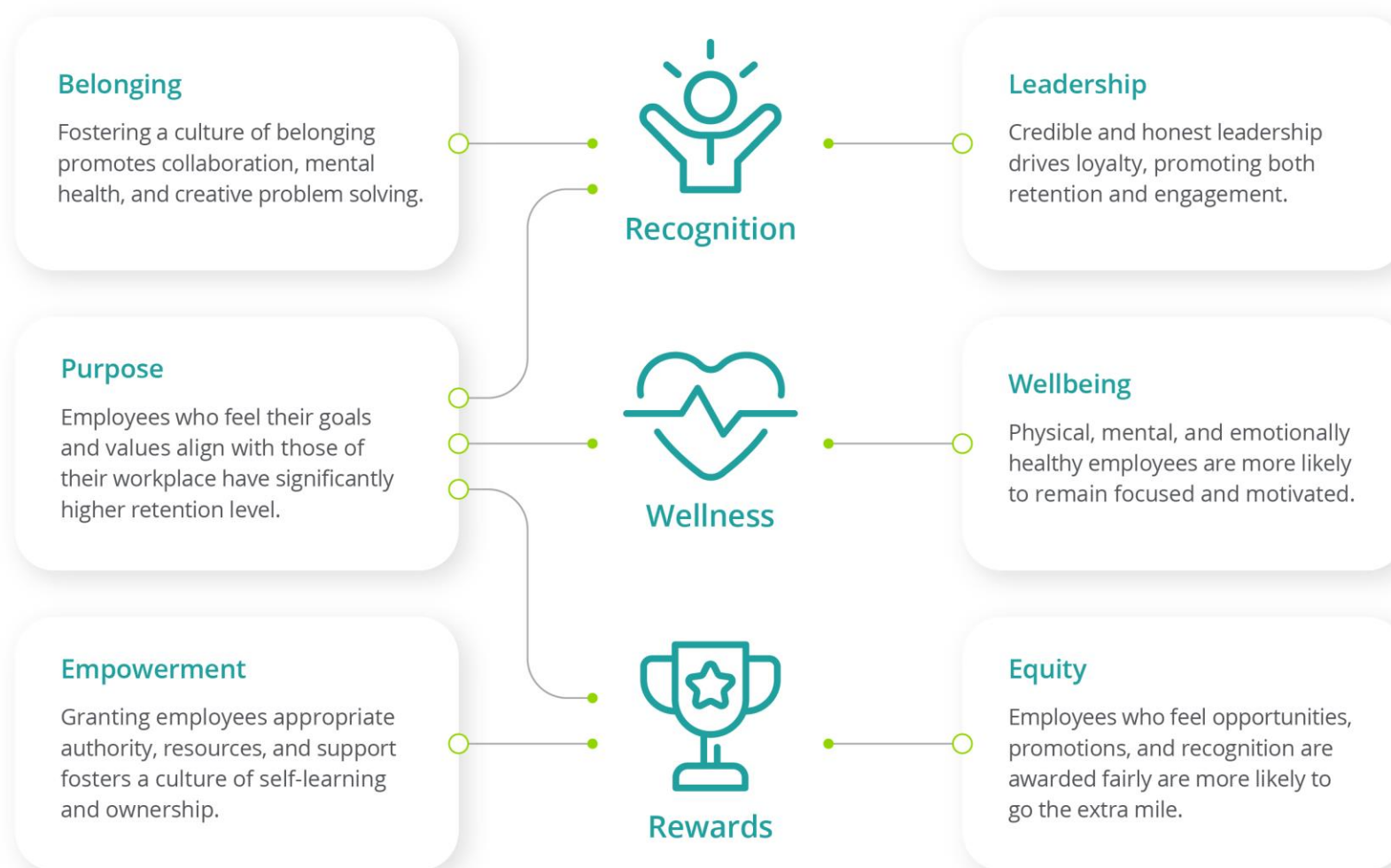
Product Manager, Be Heard
Terryberry

Empowering People & Organizations to Thrive

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Engage · Reward · Succeed

- **100+ years** helping organizations recognize and engage their people
- **Engagement solutions** that work, with the data to prove it:
 - Recognition & Rewards
 - Surveys & Insights
 - Physical & Mental Well-being
- **Trusted by 40,000+ organizations** with millions of employees across industries





Product Spotlight: Key Features

- 1. *Be Well, Workplace Wellness App***
personalized onboarding, tailored content and anonymous mental health reports
- 2. *New Engagement Scorecard***
with metrics that go beyond login rates to measure engagement
- 3. *New Mental Health & Well-being***
monthly workshops and fresh content on workplace wellness



What is Well-being?

A pillar of Terryberry's employee engagement model



Well-being: Physically, mentally, and emotionally healthy employees are more likely to remain focused and motivated, encouraging supportive collaborations and greater capacity for challenging obstacles and problem solving.

Well-being amplifies all other engagement pillars

- **Leadership:** Well-rested managers make better decisions
- **Purpose:** Mental clarity connects daily work to meaning
- **Equity:** Inclusive wellbeing programs reach all employees
- **Belonging:** Shared wellbeing creates psychological safety
- **Empowerment:** Mental resilience builds confidence to innovate

What is *Be Well*?

Terryberry's workplace wellness program

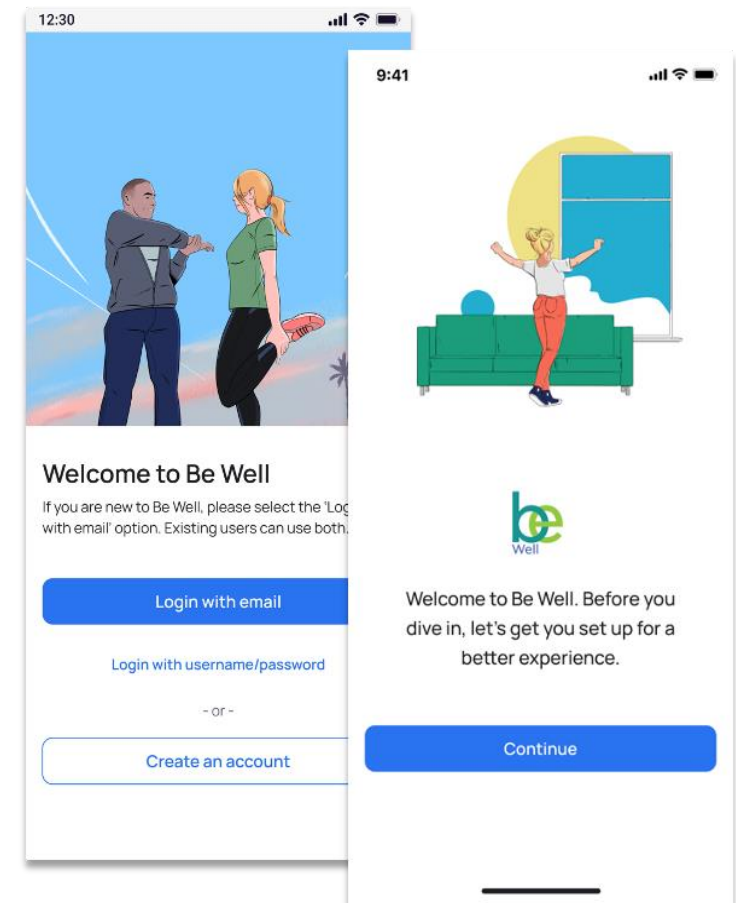


Be Well is a challenge-led wellbeing platform that helps organizations engage employees in physical and mental health.

Be Well combines:

- **Movement challenges**
- **Wellness metric tracking**
- **Personalized content across key wellbeing pillars**

Admins get full visibility and control with reporting, onboarding tools and program configuration support.



1st Poll

Employee Well-being: Mental Health as a Performance Driver

What type of mental health resources do your employees most frequently request?

1. Mindfulness and general mental health resources
2. Access to mental health professionals (coaching/therapy)
3. Personal development and growth opportunities
4. Professional development and business coaching
5. Resilience and stress management training
6. Group wellness activities (mindfulness, meditation, yoga)
7. We don't currently collect this data

1st Product Demo: Be Well App



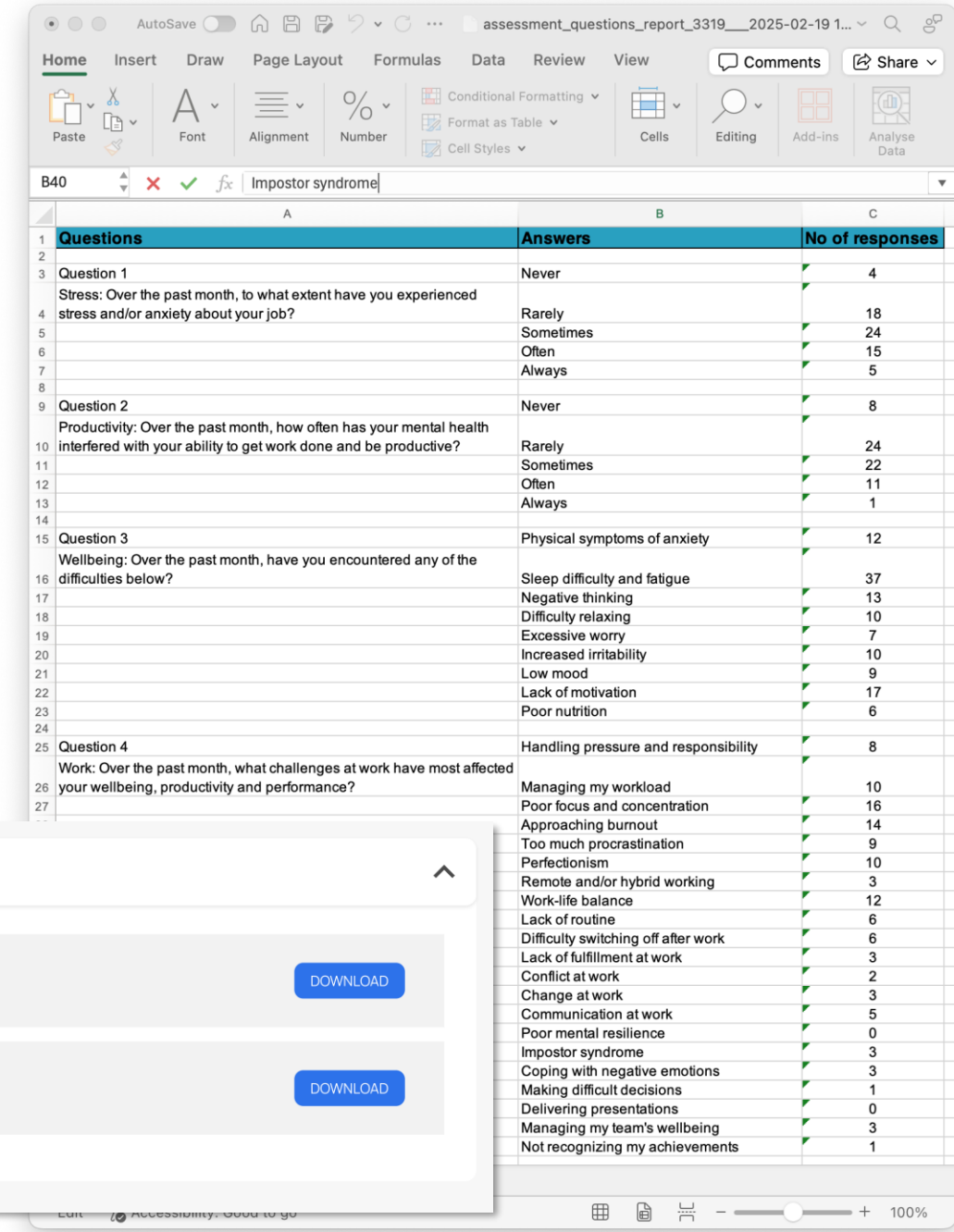
- Personalized onboarding experience
- Well-being plan assessment and daily content
- Anonymous mental health reports

Wellness Plan Reports

New: More comprehensive wellness reporting

Updated wellness reporting so that admins can view Plan related data.

1. Admins can now access **Mental Wellness Reports** in the Reporting section.
2. Review who created a Plan in your organization with the new **Plan Assessment Report**.
3. See what people are struggling with or working on without compromising their privacy with the new **Plan Assessment Questions Report**



	A	B	C
1	Questions	Answers	No of responses
2			
3	Question 1	Never	4
4	Stress: Over the past month, to what extent have you experienced stress and/or anxiety about your job?		
5		Rarely	18
6		Sometimes	24
7		Often	15
8		Always	5
9	Question 2	Never	8
10	Productivity: Over the past month, how often has your mental health interfered with your ability to get work done and be productive?		
11		Rarely	24
12		Sometimes	22
13		Often	11
14		Always	1
15	Question 3	Physical symptoms of anxiety	12
16	Wellbeing: Over the past month, have you encountered any of the difficulties below?		
17		Sleep difficulty and fatigue	37
18		Negative thinking	13
19		Difficulty relaxing	10
20		Excessive worry	7
21		Increased irritability	10
22		Low mood	9
23		Lack of motivation	17
24		Poor nutrition	6
25	Question 4	Handling pressure and responsibility	8
26	Work: Over the past month, what challenges at work have most affected your wellbeing, productivity and performance?		
27		Managing my workload	10
		Poor focus and concentration	16
		Approaching burnout	14
		Too much procrastination	9
		Perfectionism	10
		Remote and/or hybrid working	3
		Work-life balance	12
		Lack of routine	6
		Difficulty switching off after work	6
		Lack of fulfillment at work	3
		Conflict at work	2
		Change at work	3
		Communication at work	5
		Poor mental resilience	0
		Impostor syndrome	3
		Coping with negative emotions	3
		Making difficult decisions	1
		Delivering presentations	0
		Managing my team's wellbeing	3
		Not recognizing my achievements	1

Mental Wellness Reports

Plan Assessment Report

A summary of all users plan assessment details.

DOWNLOAD

Plan Assessment Questions Report

An anonymous summary of all users plan assessment responses.

DOWNLOAD

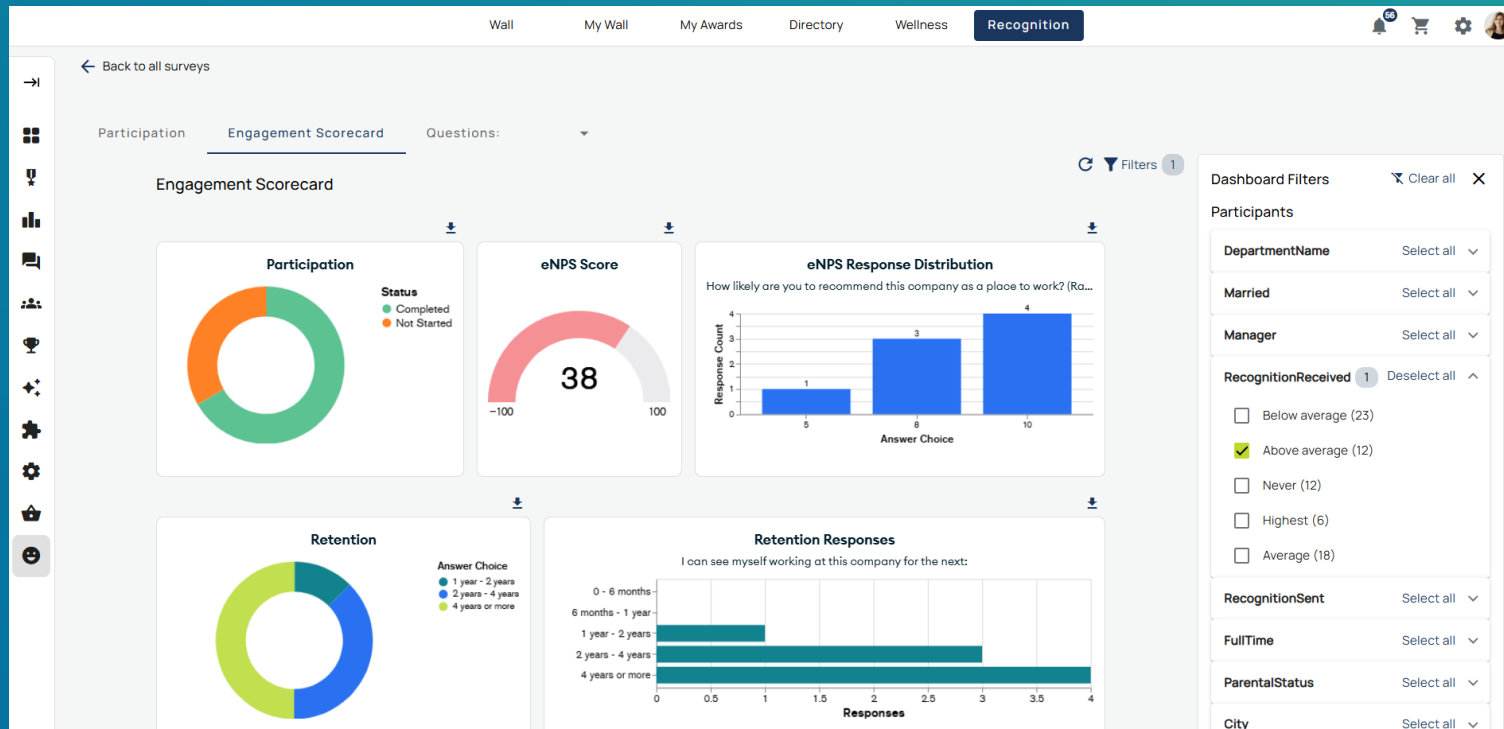
2nd Poll

Employee Well-being: Mental Health as a Performance Driver

What's your biggest challenge when trying to understand mental health in your organization?

1. Getting employees to openly share mental health challenges
2. Showing how mental health impacts business results like turnover and productivity
3. Knowing which teams or departments need more targeted support
4. Convincing leadership that mental health programs are worth the investment
5. Balancing data collection with employee privacy concerns
6. We haven't found an effective way to measure mental health yet

2nd Product Demo: Engagement Scorecard



- Analyzing well-being metrics and their widespread impact
- Identifying gaps among employee segments
- Linking engagement activity to business outcomes

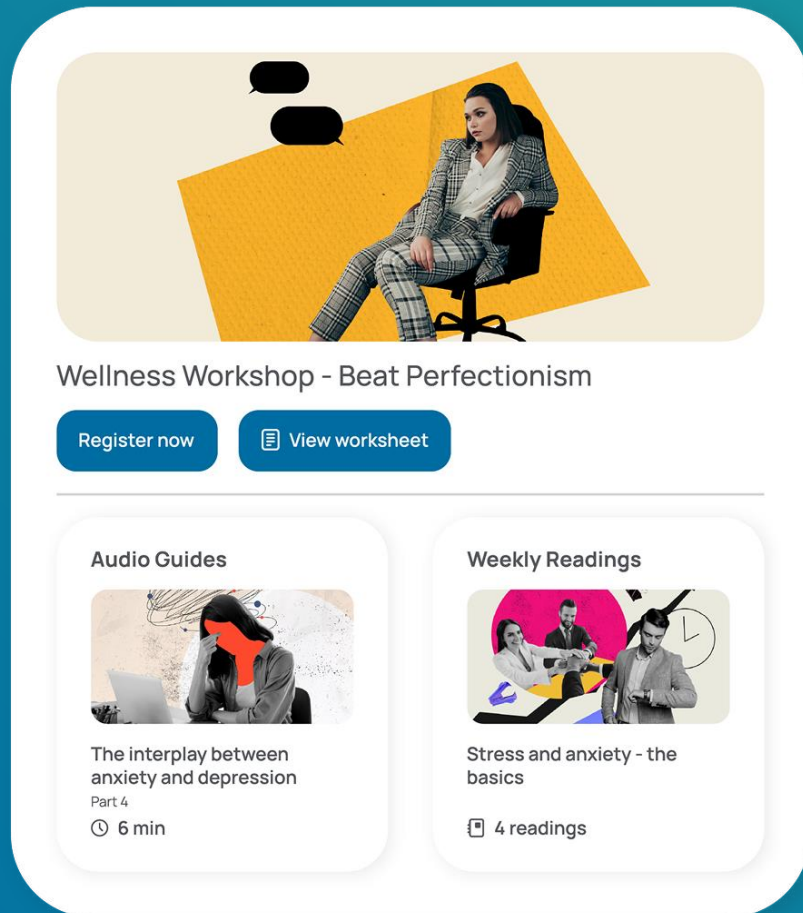
3rd Poll

Employee Well-being: Mental Health as a Performance Driver

If you had a magic wand, what one thing would make the biggest difference in your mental health initiatives?

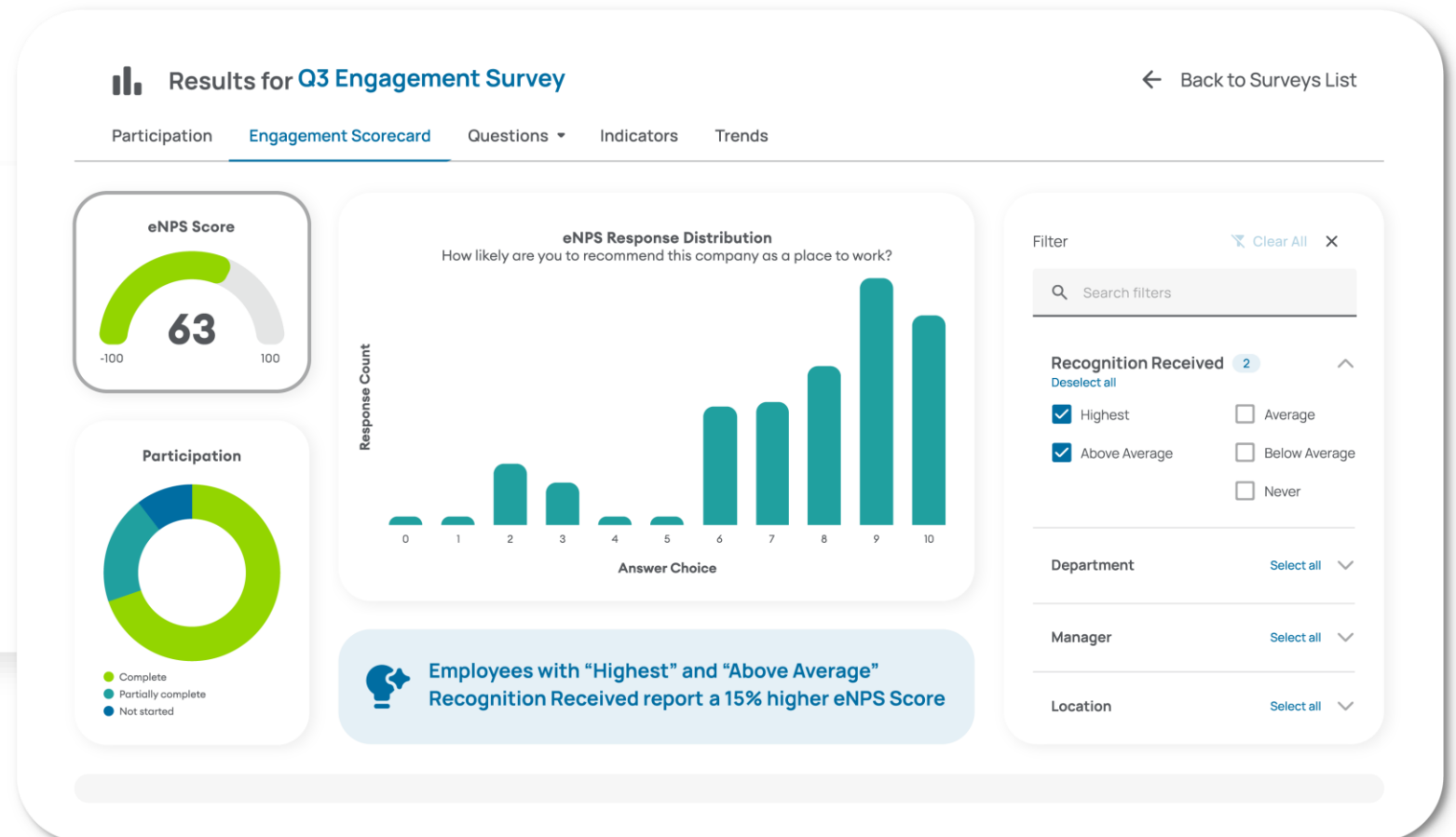
1. Tools that work together instead of creating more silos
2. Equipping managers with practical ways to support team wellbeing
3. Hard numbers that prove mental health programs pay off
4. Resources tailored to what individual employees actually need
5. Senior leaders who practice and visibly prioritize wellbeing
6. Something else (please share in chat)

3rd Product Demo: **Mental Health & Well-being**



- In-app content categories, updated monthly
- Social engagement, activity tracking, and journal entries
- Peer recognition and rewards for wellness activities

Questions?



Thank You!

Interested in Terryberry?
Let us know after webinar.



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