

Why We Need To Talk About Burnout In The Tech Industry | Forbes

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Everyone has stressful days at work. But for some employees, it's not just once in a while when Monday rolls around; instead, stress is their daily reality. Over time, this can lead to full-on employee burnout.

Burnout is especially common in the fast-paced, competitive environment of the tech industry. But how common is it, what are the consequences, why should we care and what can employers do to de-stress their workforce?

How Common Is Employee Burnout?

This is the question that [Blind](#)—a workplace app for tech employees—set out to answer through a user survey.

The app is used by 40,000 Microsoft employees, 25,000 from Amazon, 10,000 from Google, 7,000 from Uber, 6,000 from Facebook, and thousands from other tech companies, so there is wide representation in [their survey results](#).

The one-question survey had a simple yes/no answer: “Are you currently suffering from job burnout?”

And over half of respondents (57.16%, to be exact) answered yes.

[Source: Why We Need To Talk About Burnout In The Tech Industry | Forbes](#)