

NESCAFÉ®

MAKE CHAT WORK



WELLBEING IN THE WORKPLACE MATTERS

**£2.5bn per
year**

The **cost of loneliness** to UK employers¹

**1 in 6
workers**

experience a mental health problem at any time²

**£56bn last
year**

A record cost to UK employers³

**3 in 10
(28%)**

of UK business leaders are making employee mental health their number one priority⁴

**£5 for every
£1 spent**

Average return for employers investing in wellbeing of employees⁵

THE ROLE OF THE COFFEE BREAK

Employer
pressure

Wellbeing in
the workplace

Human
connection

The coffee break is what brings these tensions together, driving meaningful conversation in the workplace





NEW DATA* REVEALS HALF OF CONSTRUCTION WORKERS FEEL LONELY AT WORK

47%

Said they have felt lonely in the workplace

79%

Said having more opportunities to talk to colleagues around coffee breaks would make them feel less lonely

94%

Agree they look forward to a coffee break with colleagues

99%

Said that getting together for a coffee break is important for team morale

NESCAFÉ®

MAKE CHAT WORK

