



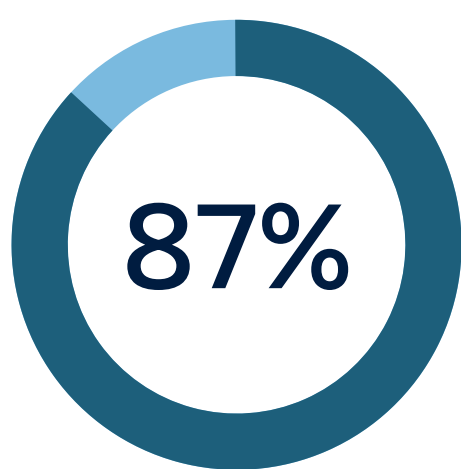
# The Importance of Wellbeing to Workers

Today’s workforce is chasing more than paychecks — they’re pursuing the possibility of thriving at work. The 2025 Indeed Work Wellbeing Report shows that while pay remains the top priority, wellbeing is close behind. Job seekers increasingly view happiness at work as attainable, and expectations for supportive environments continue to rise, even in an employer-driven market.

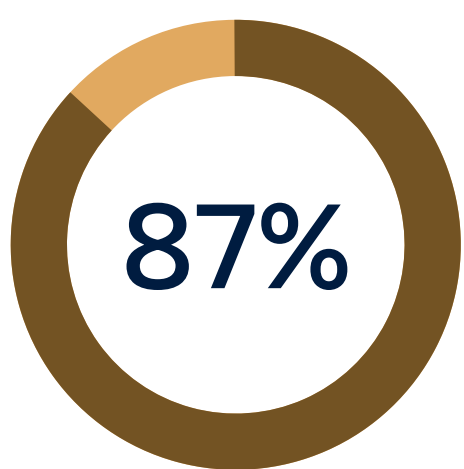


## Driven By Optimism

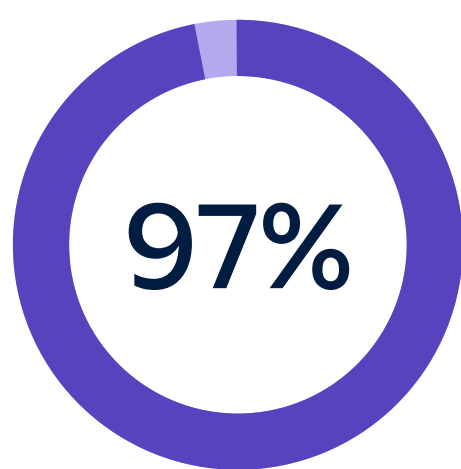
Today’s talent craves more than just a paycheck; they’re driven by an optimism that happiness at work is possible for them.



Agree that work can provide more than a paycheck



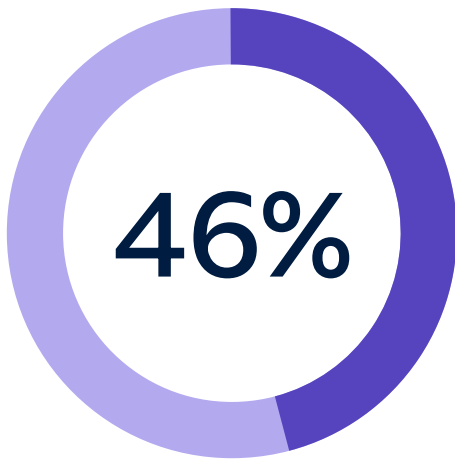
Report it's important to find companies that care about how you feel



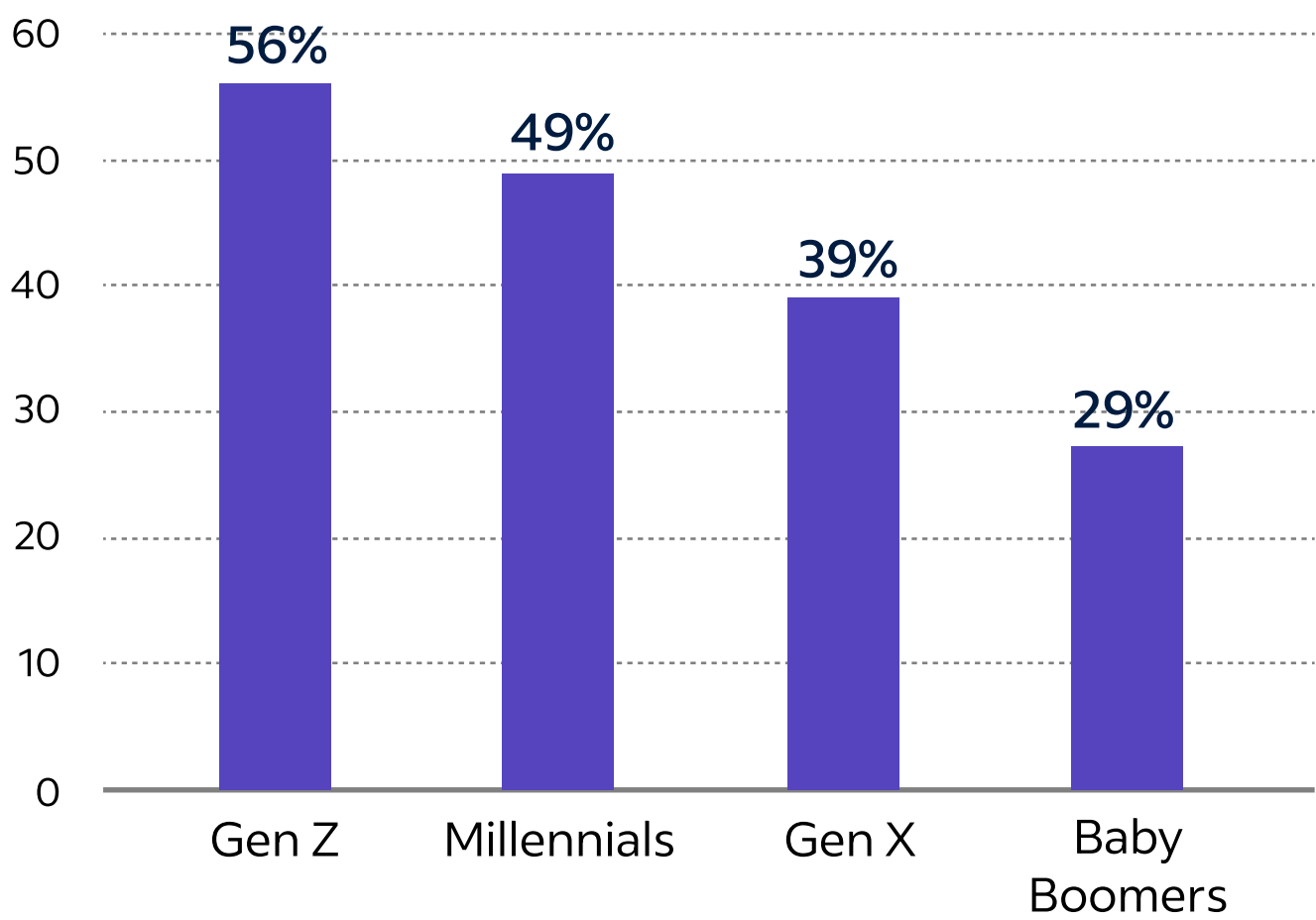
Believe it's possible for people to be happy at work, most of the time

## A Lasting Shift

Even in an employer-dominated market, job seekers’ expectations are still rising, signaling people’s expectations for work wellbeing are resistant to market dynamics.

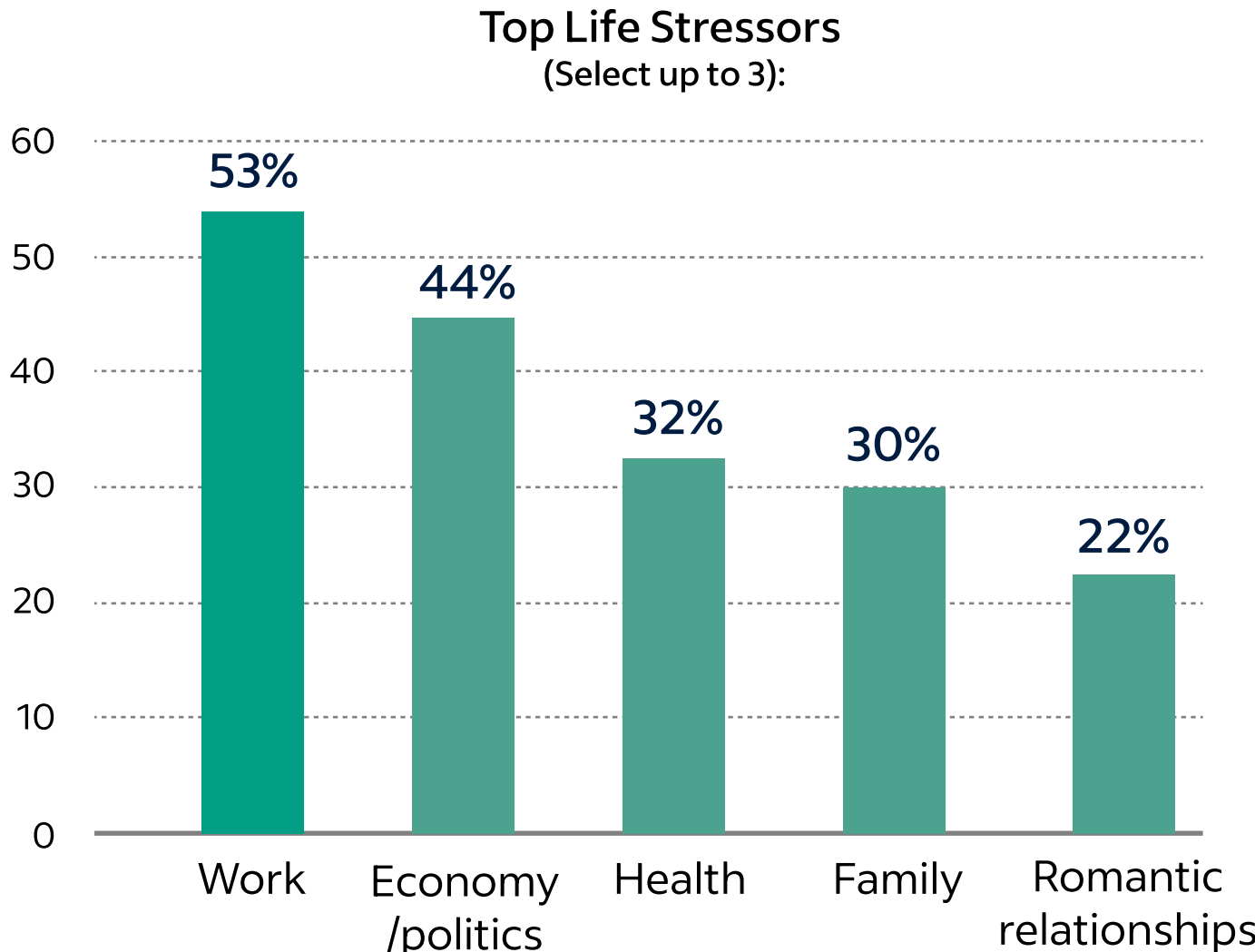


Of people report their work wellbeing expectations are higher than they were just one year ago



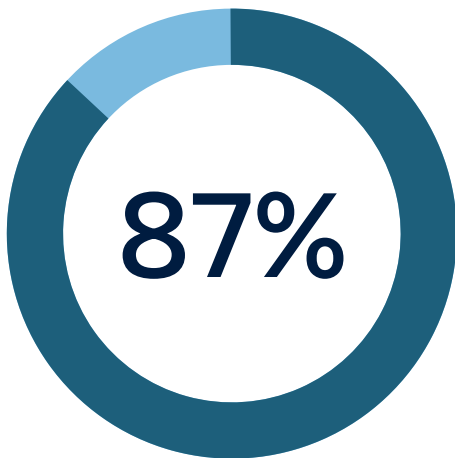
## Work As A Top Stressor

And for good reason. Work is still the #1 stressor for people on a daily basis, despite heightened economic and political conditions.

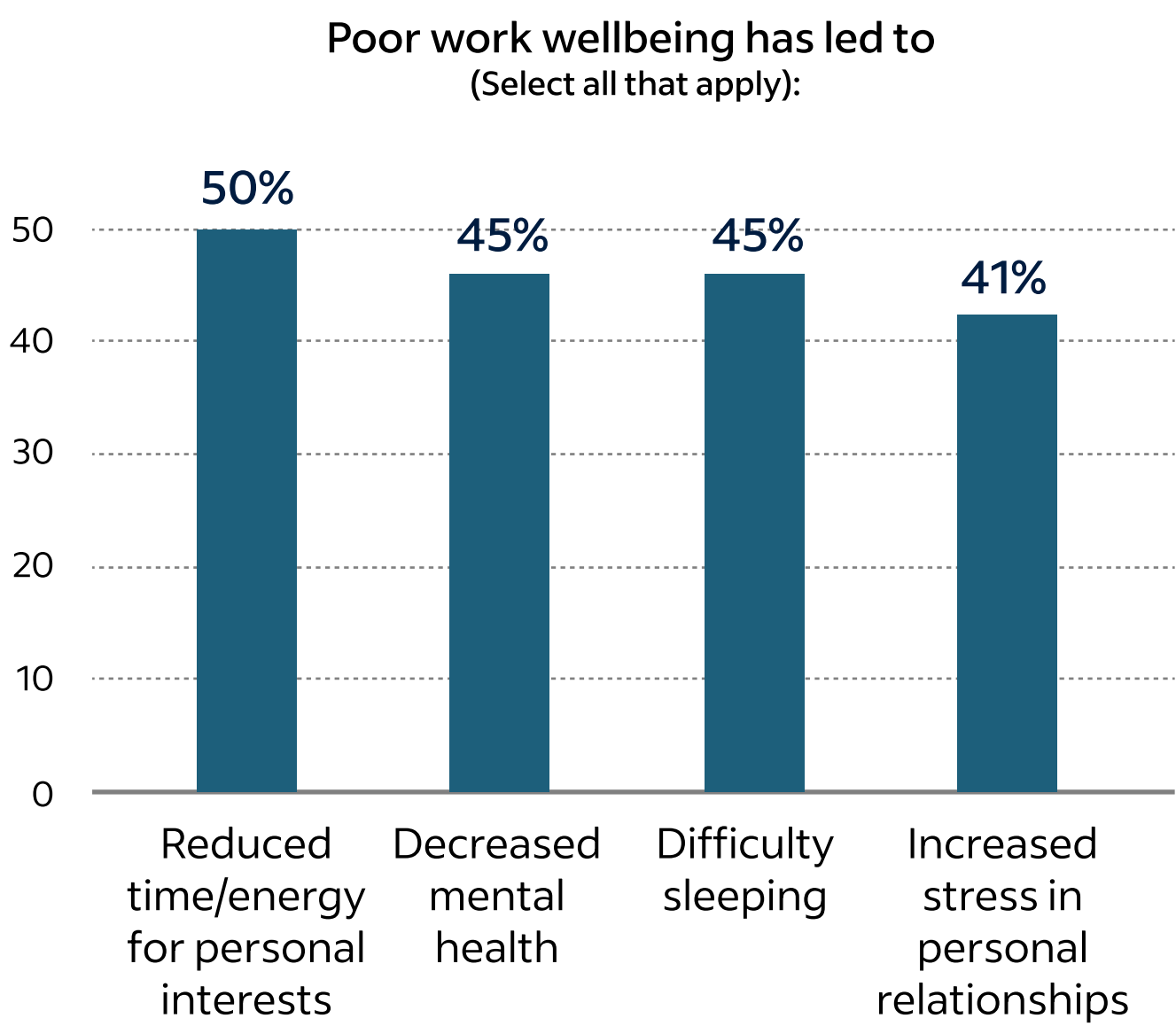


## Work-Life Feedback Loop

How we feel at work impacts how we feel at home, with low work wellbeing often spilling into our personal lives and having detrimental effects.

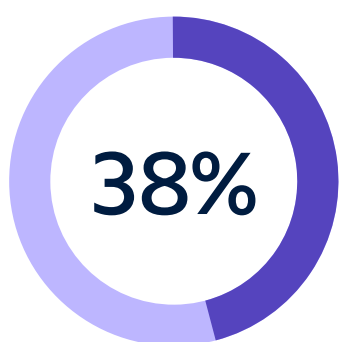


Report their happiness at work affects their mood at home

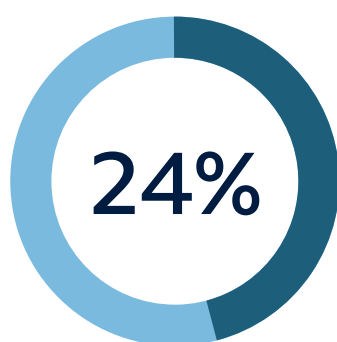


## Low Wellbeing Fuels Exits

Second only to pay, high stress is the leading reason employees begin to look for a new role.



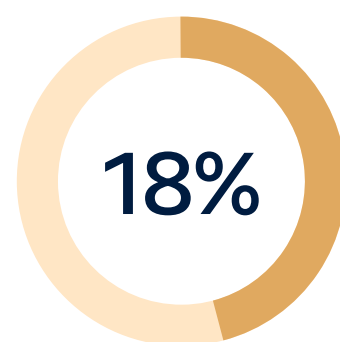
I am not paid fairly for my work



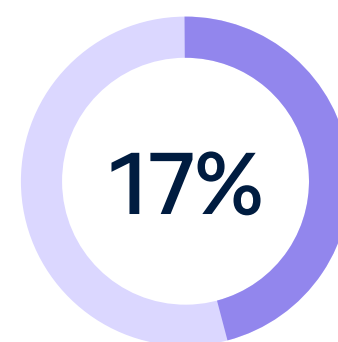
I feel stressed at work, most of the time



Overall, I am not satisfied with my job



I don't feel happy at work, most of the time



My work doesn't have the time or location flexibility I need

Indeed Work Wellbeing Report, based on a commissioned survey (n=4,038 US adults), conducted by Forrester Consulting, 2025. Note: Base for “Could you please tell us more about the reasons why you would consider new opportunities?” (n=3,369).

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Explore work wellbeing in more depth. [Download the full report.](#)

