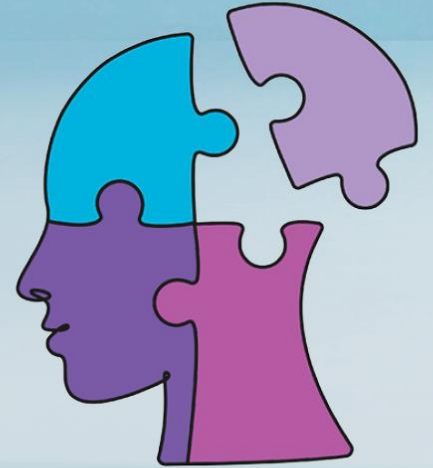


White collar **Infrastructure**  
**Mental Health** Check-in  
Intervention: Lunchbreak



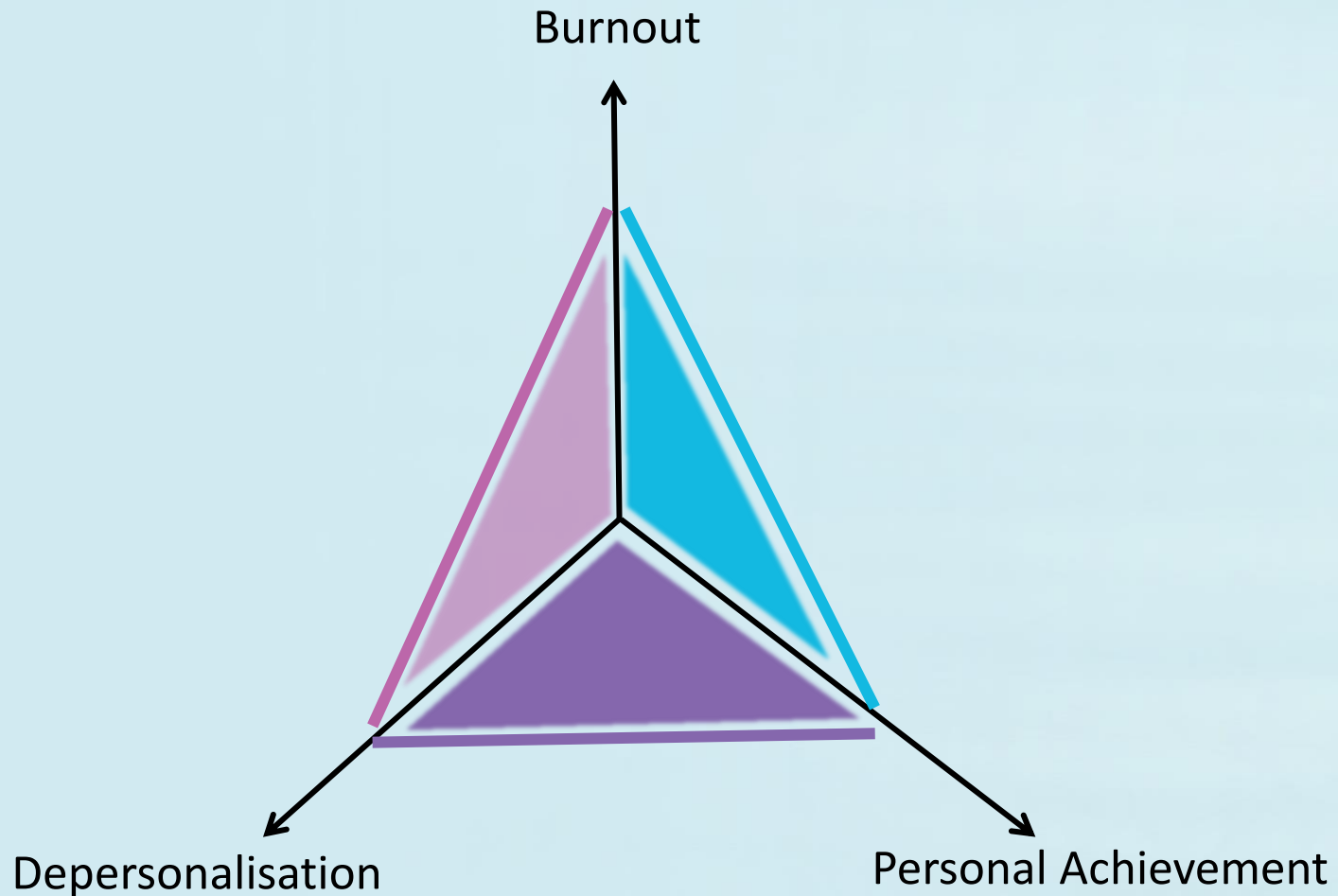
Roads Australia End of Year Presentation

Roads Australia Fellowship Project Team 3

November 2021

# Maslach Burnout Inventory (MBI)

White collar **Infrastructure**  
**Mental Health** Check-in



# Question 1 (Background)

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What were some of the benefits participants experienced from taking a 30 minute lunchbreak?

## Question 2 (Methodology)

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What benefits did the Maslach burnout qualitative survey provide?

## Question 3 (Results)

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What impact did the mandated lunchbreak have on participants of the study?

## Question 4 (Results)

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Where did the mandated lunch break have the greatest impact across the burnout categories?

# Question 5 (Recommendations)

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What were the recommendations from the study?

## Question 5 (Recommendations)

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What were the recommendations from the study?

- Say no to meetings and yes to lunch
- Sync calendars
- Burnout 101
- Burnout prevention tool kit
- Industry buy in
- Covid Normal trial



# Thanks

## White collar Infrastructure Mental Health Check-in



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