

Work from Home and Employee Well-being: HR's Role in Supporting Mental Health in Remote Settings

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Abstract: Employee happiness has been extremely impacted by the shift to remote work, with both advantageous and harmful consequences on mental health. The purpose of human resources (HR) in treating limited access to healthcare work settings is evaluated in this research paper. It looks at strategies HR managers may use to improve employee engagement, reduce stress, and create a positive work environment. A research with 130 remote workers that was examined with SPSS is also included in the report, which offers insights into the main variables influencing mental health in remote work environments.

Keywords: Remote Work, Employee Well-being, Mental Health, HR Support, Burnout, Work-Life Balance, Productivity, Social Isolation, Stress Management, Flexible Work Policies