

82% of workers have witnessed or experienced bullying - new survey

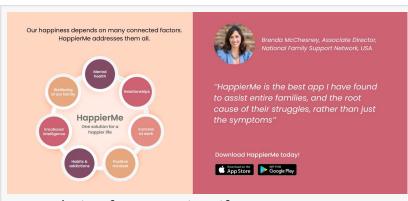
3046 people were polled for this survey.

LONDON, UNITED KINGDOM, March 18, 2025 /EINPresswire.com/ -- A recent HappierMe poll of 3,046 respondents on bullying revealed some staggering statistics:

☐ 82% have either witnessed or experienced workplace bullying firsthand.

☐ Only 18% reported never encountering it.

The poll was conducted on LinkedIn over a 2 week period.



One Solution for a Happier Life

"

You can't be against bullying without actually doing something about it."

Randi Weingarten

These numbers highlight an urgent need for awareness, policies, and support systems to build a healthier work culture.

- Increased stress & anxiety Chronic stress lowers concentration, creativity, and motivation. In extreme cases, it can lead to self-harm or even suicide.
- Higher absenteeism Employees who experience bullying are more likely to take sick days or even leave their jobs.
- Reduced productivity A toxic work environment stifles collaboration and innovation, impacting company success.
- Lower retention & job satisfaction Companies risk losing valuable talent when they fail to address workplace bullying.

Understanding the root causes of bullying is crucial in tackling it effectively.

- Unresolved emotional pain Some bullies project their own suffering onto others.
- Insecurity & need for control –
 Controlling others gives them a false sense of security.
- Past conditioning Many bullies repeat patterns learned from their own experiences.
- Desire for power Power can be an aphrodisiac, but it destroys trust and workplace culture.
- Prejudice & bias Discrimination fuels bullying, targeting certain individuals or groups.

Here's how companies can take action:

- Encourage open conversations Safe spaces for employees to voice concerns without fear of retaliation.
- Provide emotional intelligence training – Teaching self-awareness and effective communication skills.
- Establish clear anti-bullying policies Strict policies and anonymous reporting mechanisms.
- Support employees Mental health resources, coaching, and wellness programs for those affected.

At HappierMe, we provide tools and resources to help individuals and workplaces tackle bullying and emotional challenges head-on.



Bullying is preventable



HappierMe app for Teens

- Helping bullies understand their impact Many bullies don't recognise their behaviour as harmful. Our online journaling and guided questions help them reflect on their actions.
- Empowering those affected by bullying We help individuals differentiate between toxic behaviour and misunderstandings, while also building courage to report incidents.

Through guided exercises, meditations, and training, HappierMe equips individuals with skills to:

- Build resilience and manage stress.
- Develop self-awareness and regulate emotions.
- Improve workplace relationships and communication.
- Foster a more inclusive and supportive work culture.
- Workplace bullying affects everyone—not just the direct victims, but entire teams and organisations. It's time for companies to take responsibility for fostering a culture of respect.

With the right tools—like those provided by HappierMe—we can shift from silence to action and create workspaces where every individual feels safe, valued, and empowered.

Explore HappierMe

<u>Bullying Module</u>

<u>Mental Health Section</u>

For inquiries, contact us at: team@happierme.app

ENDS

Further Notes:

This is a complementary login to the HappierMe app. Please download it and explore it yourself.

Login: hwpuser174@gmail.com, Password: hwpuser

Our mission at HappierMe is to reduce suffering and help people lead happier and more successful lives by empowering them with tools to understand their own mind and be emotionally intelligent. We aim to make the world a better place.

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