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support in their efforts to achieve work-life balance.

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From the [Thomson Reuters Tax & Accounting Blog](#).

Working in the tax and accounting industry can be a stressful job. With long hours, tight deadlines, and pressure to deliver results, it can be hard to achieve a work-life balance. That's why it's important for both tax and accounting professionals and their firms to take steps to protect their mental health.

With Mental Health Month upon us, this is a good time to think about strategies to

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fingertips. Automation can help tax and accounting professionals be more confident in their work and better prepared for client deadlines – two aspects that are essential for good mental health in the tax and accounting industry.

How can technology help accountants' mental health?

By taking steps to implement technology that streamlines cumbersome processes, tax and accounting firms can create an environment that supports mental health for their employees. This not only helps to [reduce stressors associated with the job](#), but it also gives individuals a sense of empowerment to take on more complex and profitable tasks. That empowerment can also help to reduce feelings of anxiety or fear around failure which may otherwise [lead to burnout](#) or other issues related to mental health.

Furthermore, by having [secure access to documents and communications](#) across all devices, teams can coordinate efficiently without becoming overwhelmed by disorganization or confusion over who is responsible for what tasks.

Supporting accountant mental health for the benefit of your business

During this mental health month and throughout the year, give your teams the time, space, and tools they need to achieve the right work-life balance for themselves as well as the maximum productivity your firm needs. In addition to using technology to streamline tasks, encouraging regular breaks and vacations can also be beneficial to mental health.

Allowing employees to take regular time off helps to reduce stress and provides them

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successful.

What steps should I take to build a nurturing firm culture?

Employers should ensure that they are providing the necessary support for their employees to be able to maintain a healthy balance between their work and personal lives. This could involve providing access to mental health resources, providing guidance on how to manage workloads and expectations, and creating a supportive environment in the workplace. By building a workplace culture that values mental health, employers can ensure that their employees feel safe and supported, making them more likely to stay motivated and engaged.

Employers should also keep their employees' overall well-being in mind. Working things into the firm's culture that promote a healthy lifestyle – like healthy food options on-site and reimbursement for gym memberships – can help to encourage the work-life balance that is so important to tax and accounting professionals.

How to retain loyal staff

In a high-demand field like tax and accounting, it is essential that employees feel support in their efforts to achieve work-life balance. By taking steps to ensure that your teams have access to the tools and services they need to do their best work, your firm can reap the benefits of a highly productive, motivated, and loyal staff.

Interested in more wellness information? Check out our [self-care blog series](#) to learn more about actionable strategies on how to take care of yourself through the busy tax season and throughout the year.

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