

Wellbeing trends for 2022

Get a head start on workplace wellbeing as we explore the emerging health and wellbeing hot topics and trends for 2022.



1 Taking charge of our health

Awareness of key healthcare issues continues to grow and people are proactively taking care of their day-to-day wellbeing.



Searches for local dentists and opticians at an all-time high.



Fitness tracker sales continue to grow.



Searches for private healthcare up 23% since August 21.

2 Prioritising mental health support for employees

While the stigma around mental health conversations is reducing, recent data suggests that people are increasingly seeking support in this area.



40%

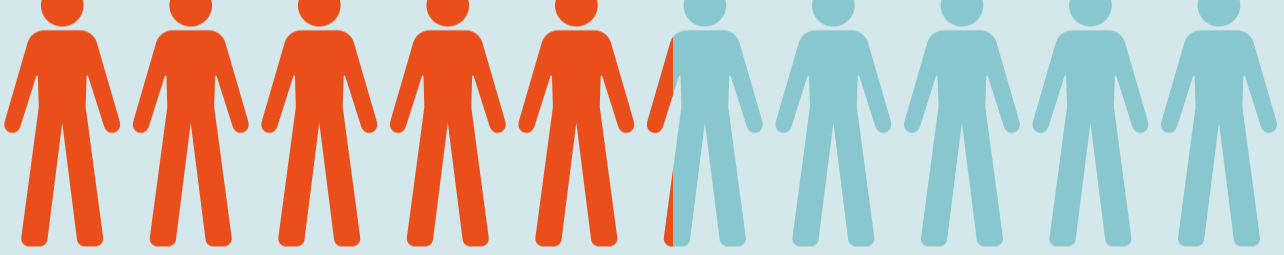
of people say the pandemic has made their wellbeing worse.

3x

more searches for 'mental health therapist near me' than in 2019.

3 Employees expect more from their workplace

Workers are more informed about the typical policies and benefits in their sector and will look for jobs aligned with their own values and priorities.



52% of employees are considering changing jobs before March 2022.

47%

of workers say flexible working is more important since the pandemic.

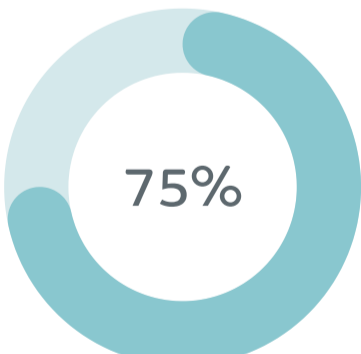
“ On top of salary, pensions and other benefits, candidates are increasingly asking “is this a good fit for me?”

– Vicky Walker, Director of People at Westfield Health

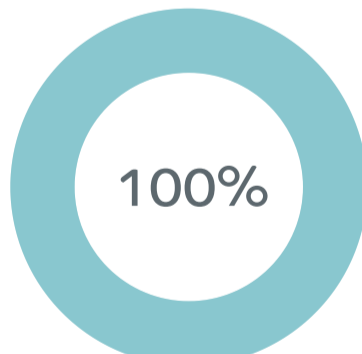
4 Community-conscious wellbeing



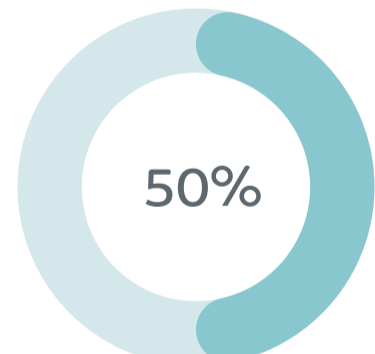
Pandemic behaviours such as mask wearing and self isolation have made us more aware of how our health impacts those around us and our sense of social responsibility continues to grow.



75% of British adults worry about climate change.



100% increase in searches for 'sustainability' due to COP26.



50% decrease in Google queries for 'loneliness' in 2021.

5 New normal, same money worries

With price hikes hitting consumers, wellbeing concerns surrounding finances, stress and burnout will return to the forefront.



1,550%

increase in searches for 'energy crisis' between September and November 2021.

62%

of adults said their cost of living increased between October and November 2021.

52% of workers are less than a month away from burnout.

Sources

- <https://www.westfieldhealth.com/resources/wellbeing-trends-2022>
- <https://www.westfieldhealth.com/resources/emergency-exit>
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