

# Coping with Covid The Midlands

Following a 1600-person national survey, we look at the pandemic's impact on wellbeing in the Midlands.

## Mental health

Over a third (35%) of respondents in the Midlands say their mental health isn't good, with 16% saying it's got a lot worse.

### Why?

- 23% Anxious about work
- 21% Feeling lonely
- 20% Worried about losing their job

Those in the Midlands were the least worried about losing their jobs, but the most likely to say they didn't feel supported by their employer (13%).



**47%**  
say their mental health has got worse

Almost two-thirds (65%) said their mental health was good or very good, though fewer people had seen an improvement compared to other regions.

“ My mental health has got a bit / a lot better ”

North	Midlands	South
15%	10%	15%

### Why?

- | Why?                               | North | Midlands | South |
|------------------------------------|-------|----------|-------|
| Proud to still be working          | 45%   |          |       |
| Work-life balance feels normal     |       | 35%      |       |
| Feeling productive because of work |       |          | 27%   |

## Physical health

Almost 3 in 10 people in the Midlands feel the pandemic and lockdowns have taken their toll on their physical health - 28% say:

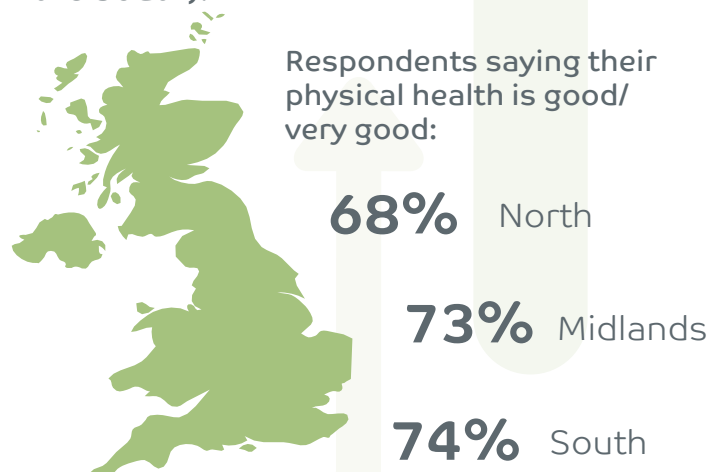
“ My physical health is not good/not good at all ”

**38%**  
say their physical health has got worse

Only 10% of those in the South and Midlands say their physical health has got a lot worse compared to 13% in the North.

The majority (73%) say that their physical health is good or very good, though not as many people said they'd seen an improvement as other regions (15% vs 17% in the North and 18% in the South).

Respondents saying their physical health is good/very good:





## Wellbeing at work

With the boundary between work and home more blurred than ever before, low wellbeing is taking its toll on morale and productivity.

But it's not a unified picture - different circumstances and experiences of lockdown have led some to thrive whilst others struggle.



### Morale & productivity



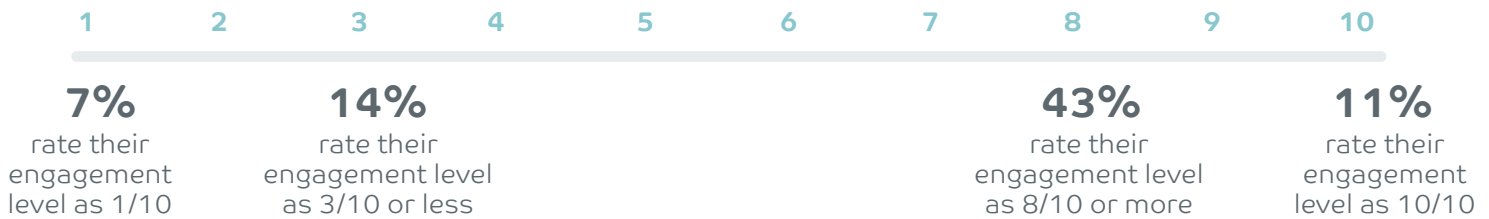
**Over a third (36%)** say their morale is not good/not good at all



**Almost a quarter (24%)** say their productivity is not good/not good at all



### Engagement levels



**Almost 3 in 10** respondents in the Midlands (29%) say that they're less engaged than last year, which is in line with the national average.

**Almost a quarter** of workers in the Midlands (24%), however, said they feel more engaged than this time last year, compared to **27%** in the South and **20%** in the North.

### Workplace changes

In the Midlands and the North, having a Covid-secure workplace was the top priority, whilst those in the South prioritise long-term changes to ways of working.



**26%** A covid-secure workplace



**25%** Long-term changes to ways of working



**24%** Extra wellbeing support

### Wellbeing support

Extra support with mental health is a priority across the country, with over a quarter of workers in the Midlands looking for more from their employer in this area.



**27%** More mental health support



**17%** More physical wellbeing support



**15%** Financial wellbeing education



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