

Coping with Covid

Regional comparison

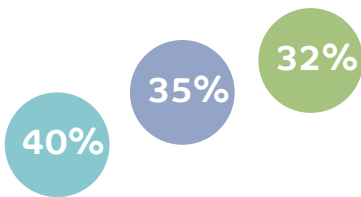
Key



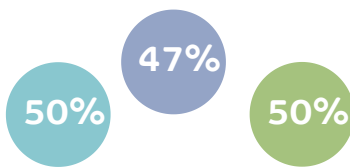
Following a 1600-person national survey, we look at the pandemic's impact on wellbeing in the North, South and Midlands.

Mental health

My mental health is not good/not good at all

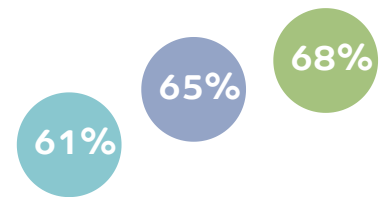


It's got worse



Reasons why Anxiety about work was the top reason across all regions. Those in the South and Midlands also said they felt lonely, whilst concerns over social distancing at work were a worry in the North.

My mental health is good/ very good



It's got better

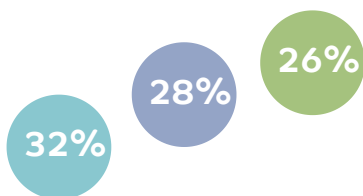


Reasons why Pride in being able to still work was a mood booster across all regions. The North is where work-life balance still felt the most normal, whilst those in the Midlands were most likely to say that being at work helps them feel productive.

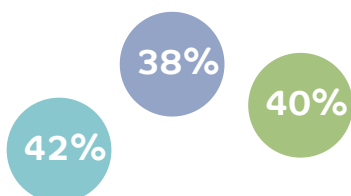
Physical health

Though those in the North were the least positive about their physical wellbeing, they have also noticed an improvement. On the flip side, those in the Midlands are seeing the highest number of people saying their physical health is getting worse and the lowest number seeing improvement, suggesting this might be an area to watch.

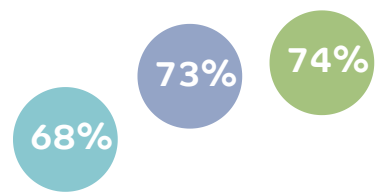
My physical health is not good/not good at all



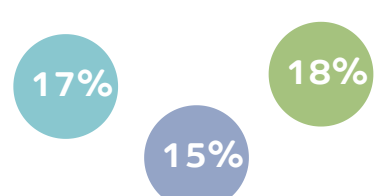
It's got worse



My physical health is good/ very good



It's got better





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.

On average, a third of workers are struggling with morale with just under a quarter feeling the impact on their productivity. Overall, the South is feeling better than the Midlands or the North, so employers in those areas may want to step up support to avoid knock-on business impacts.

Key

North

Midlands

South



	Morale	Productivity	Engagement	
	Not good/ not good at all	Not good/ not good at all	Rate their engagement level as 3/10 or less	Less engaged than last year
North	36%	24%	15%	28%
Midlands	36%	24%	14%	29%
South	31%	24%	11%	26%

Workplace changes & wellbeing support

More mental health support



More physical wellbeing support



Financial wellbeing education



Across the country, just under a quarter (24%) of workers say that they want more support from their employer when it comes to their wellbeing. Mental health was a priority across the regions, whilst those in the South were especially interested in financial education.

The South was the only region to prioritise long-term changes to ways of working (30%) over a Covid-secure workplace (28%), showing there's a real expectation of change that employers in the South need to meet; nationally, 28% are also looking for long-term changes to ways of working.



Need a hand?
Visit our [resource centre](#)
for free resources to help
support your team's wellbeing.