

working from home

People currently working from home have enjoyed the experience overall, being the most likely to have had a mental health boost as a result. They expect current ways of working to continue and are the least eager to get back to their normal working environment.

How do people feel about current ways of working?



58% saving money
45% spending more time with family
32% more productive
28% learning new skills

36% say communication is really difficult
36% struggling with mental health as a result of work
28% anxious about work
1 in 4 are lonely
19% have found it difficult to get on top of new ways of working
16% say they don't have the proper resources



How well have employers handled it?

34% think their employer should be doing more to reassure them

Vast majority pleased with how employer has handled it (86%)

40% worried about losing their job

34% think their employer should be doing more to ensure job security

Going back to work



Those working from home are the least keen to get back to normal



65% don't think it's safe to return from a health point of view



52% worried about catching the virus



47% are looking forward to seeing colleagues again



42% are keen to return to a good work-life balance

Providing support

- Consider what wellbeing support you can provide for your people as workplaces reopen, including financial management support
- Proactively outline how you're going to minimise health risks in the workplace to reduce anxiety
- Be adaptable to preferred ways of working, considering flexibility for those who've been working from home
- Check in with your most vulnerable and high risk employees

What have the health impacts been?



Mental
Health

47% say it's got worse, which is lower than average

40% finding it difficult to concentrate



Physical
health

32% say it's got worse

26% say it's got better

Why has it got better?

52% feel like they have more free time

49% spending more time with family

74% exercising more

48% cooking from home

Why has it got worse?

37% have financial concerns

34% stress of juggling work and home, which is higher than other employees

60% lack of exercise

43% not eating as healthy