

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?



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

40% finding it difficult to concentrate



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