

# Coping with Covid The South

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

## Mental health

Almost a third (32%) of respondents in the South say their mental health isn't good, with 15% saying it's got a lot worse.

### Why?

- 27% Anxious about work
- 22% Worried about losing their job
- 22% Feeling lonely

People in the South had the most anxiety about work and were most likely to say they felt lonely.



**50%**  
say their  
mental health  
has got worse

Though a significant percentage are struggling, 15% did say their mental health has improved.

“ My mental health is good/very good ”

UK average

**65%**

vs.

The South

**68%**

### Why?

- 49% Proud to still be working
- 37% Work-life balance feels normal
- 22% Feeling productive because of work

## Physical health

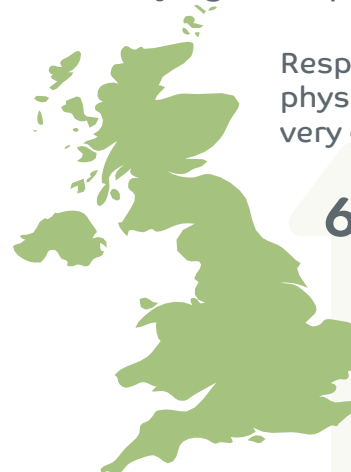
Though people in the South were positive about their physical health, 4 in 10 had noticed a decline. Just over a quarter (26%) said:

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

**40%**  
say their  
physical health  
has got worse

Only 10% of people in the South say their physical health has got a lot worse. Those in the Midlands said the same, but the percentage rose to 13% in the North.

Those in the South were the most positive about their physical health with 74% saying it's good or very good and 28% saying it's improved.



Respondents saying their physical health is good/very good:

**68%** North

**73%** Midlands

**74%** South



## 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 3 in 10 (31%)** say their morale is not good/not good at all

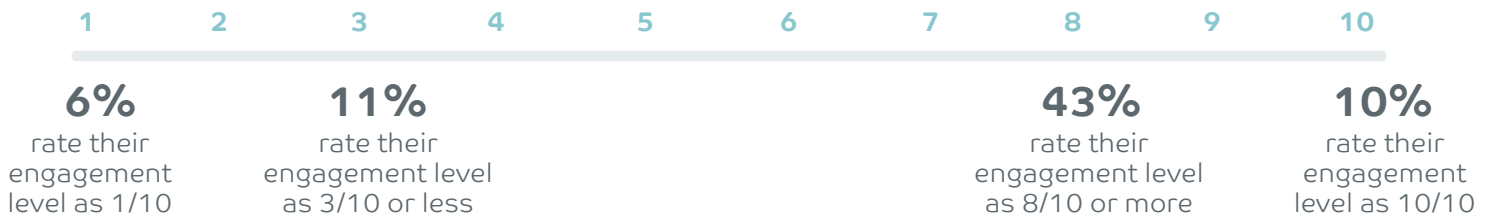


**Almost a quarter (24%)** say their productivity is not good/not good at all



Respondents in the South were more positive than other regions when it comes to morale and productivity. There's still, however, a significant minority that are feeling the pinch and looking for extra support from their employer.

### Engagement levels



**Over a quarter (26%)** of respondents in the South say that they're less engaged than last year, below the national average of 27%.

**Almost 3 in 10 (27%)** workers in the South said they feel more engaged than this time last year, compared to **20%** in the North and **24%** in the Midlands.

### Workplace changes

The South was the only region to prioritise long-term changes to ways of working over a Covid-secure workplace, showing there's a real expectation of change that employers in the South need to meet.



**30%** Long-term changes to ways of working



**28%** A covid-secure workplace



**23%** Extra wellbeing support

### Wellbeing support

Respondents in the South were the most likely to be looking to their employer for financial wellbeing support - just 13% of employees in the North and 15% in the Midlands agreed.



**26%** More mental health support



**18%** More physical wellbeing support



**18%** Financial wellbeing education



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