

# Coping with Covid The North

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

## Mental health

A significant minority (40%) of respondents in the North say their mental health isn't good, with 16% saying it's got a lot worse.

### Why?

- 26% Anxious about work
- 23% Worried about losing their job
- 21% Difficulty social distancing at work

The North was the region where people are most concerned about losing their job.



**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

The North

**65%** vs. **61%**

45%  
Proud to still  
be working

Why?  
40%  
Work-life balance  
feels normal

23%  
Feeling productive  
because of work

## Physical health

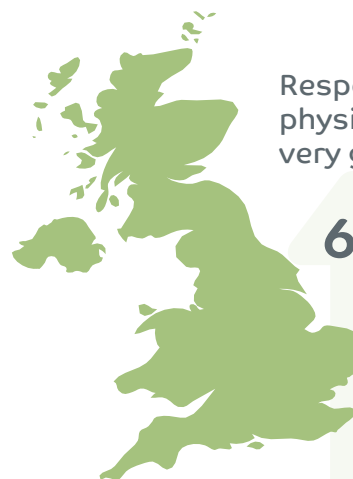
Those in the North were the most negative about the toll the pandemic and the lockdowns have taken on their physical health - 32% say:

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

**42%**  
say their  
physical health  
has got worse

Whilst 13% of those in the North say their physical health has got a lot worse, only 10% of those in the South and Midlands say the same, suggesting physical wellbeing could be a priority for businesses in the North.

The majority (68%) say that their physical health is good or very good, with 17% seeing an improvement.



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

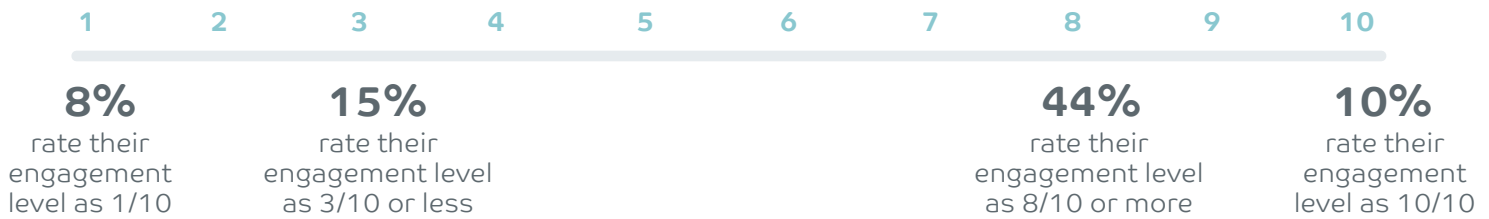


**Almost a quarter (24%)** say their productivity is not good/not good at all



Respondents in the North were most likely to say their morale was low. Though the impact on productivity was in line with national average, the impact on engagement was significant.

### Engagement levels



**Almost 3 in 10 (28%)** respondents in the North say that they're less engaged than last year, which is in line with the national average.

**One in five** workers in the North said they feel more engaged than this time last year, compared to **27%** in the South and **24%** in the Midlands.

### Workplace changes

In the North, having a Covid-secure workplace and getting more wellbeing support are top priorities compared to other regions.



**30%** A covid-secure workplace



**29%** Long-term changes to ways of working



**26%** Extra wellbeing support

### Wellbeing support

Respondents in the North were the most likely to be looking to their employer for mental health support.



**27%** More mental health support



**19%** More physical wellbeing support



**13%** Financial wellbeing education



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