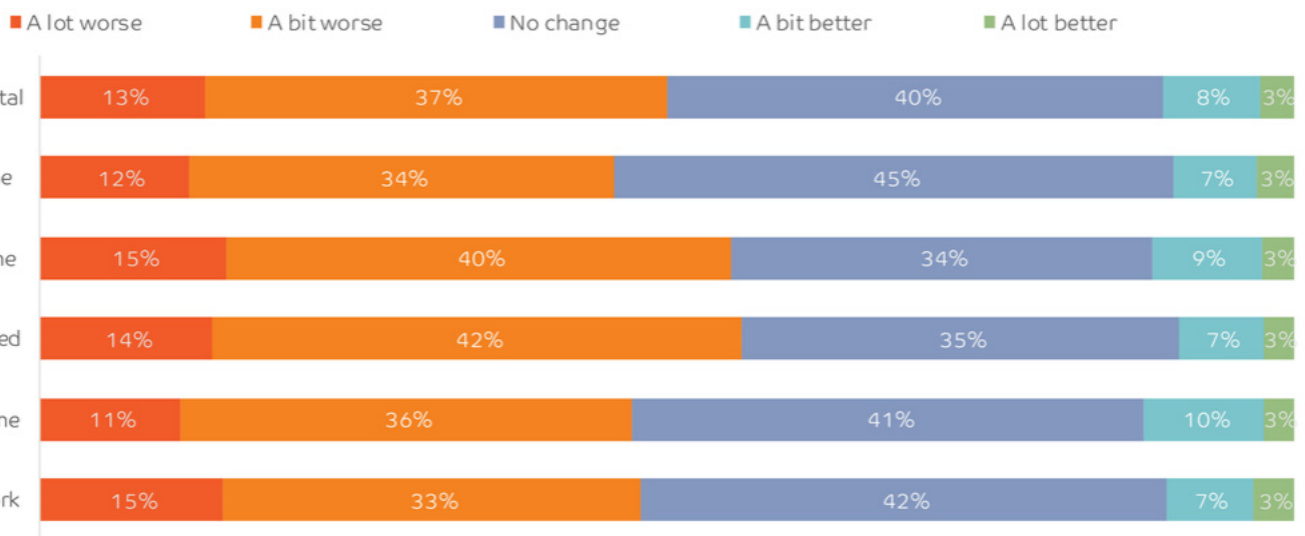


# mental health

Missing the normal routine and worries about job security are behind the majority of workers reporting worsening mental health during lockdown, especially those who've been furloughed and parents. For more than one in ten however, the free time and more exercise has provided a mental health boost. Across the board, people are looking to their employer for extra support with their mental health.

## How has lockdown affected your mental health?



### Reasons it's got worse

- Missing the usual routine 45%
- Worried about losing job 43%
- Financial concerns 40%
- Worried about the health of others 37%
- Spending more time alone 34%

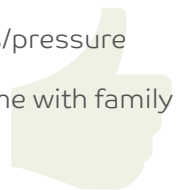


Those who've been furloughed and parents are most likely to need mental health support, with 56% and 55% respectively saying their mental health has got worse.



### Reasons it's got better

- 51% Having more free time
- 48% Exercising more
- 44% Feeling less stress/pressure
- 44% Spending more time with family
- 34% Not commuting



### Strategy considerations

- Those who've been furloughed and parents should be priority groups for support.
- Changing routine again to come back to the office brings mental health benefits and risks - allaying health concerns should be a key priority.
- The return of workplace stress is a risk factor across the board and people are expecting support from their employer.

### Return to work concerns

- 57% worried about their personal safety
- 51% anxious about returning to the usual working routine
- 29% would like more mental health support
- 28% feel additional wellbeing support would be beneficial