



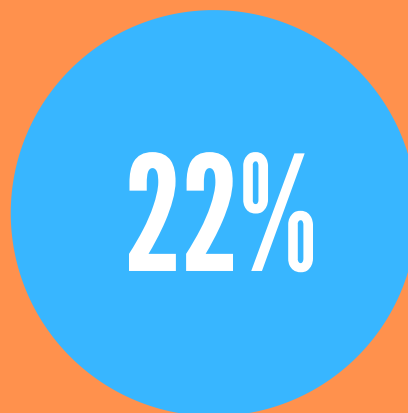
MENTAL HEALTH EFFECTS OF COV19



HAVE AN INCREASED
FEELING OF SADNESS
AND ANXIETY



OF RESPONDENTS HAVE
FRIENDS AND FAMILY
WITH PHYSICAL AND
MENTAL HEALTH ISSUES



HAVE EXPERIENCED AN
INCREASE IN ALCOHOL,
RECREATION AND
PRESCRIPTION DRUGS
CONSUMPTION



FEEL COMFORTABLE LEAVING HOME

YES

65%

NO

35%



EXCITED TO SOCIALISE AGAIN

YES

80%

NO

20%

WHAT PERCENTAGE OF YOUR WORK WAS PREVIOUSLY AT HOME BEFORE COV19

BEFORE **34%**

WHAT PERCENTAGE OF YOUR WORK WAS FROM HOME DURING COV19

DURING **82%**

54%

POST COV19 (THE NEW NORM) WHAT PERCENTAGE WOULD YOU LIKE TO BE WORKING FROM HOME?

93%

AGREED ASPECTS OF ISOLATION IMPROVED LIFESTYLE

87%

OF RESPONDENTS WITNESSED ACTS OF GRATITUDE DURING ISOLATION

EXCITING ASPECTS OF RETURNING TO OFFICE

SOCIALISING

FACE TO FACE MEETINGS

INTERACTION

BUILDING RELATIONSHIPS

OFFICE BUZZ

LEARNING PROACTIVELY

LAUGHTER

ENVIRONMENT CHANGE

NEGATIVE ASPECTS OF RETURNING TO OFFICE

COMMUTE

COST (TRAVEL/FOOD)

LESS SLEEP

PUBLIC TRANSPORT

DISTRACTIONS

EXPOSURE TO COV19

OFFICE POLITICS

RIGID DAY PLAN

HOW TO IMPROVE TEAM'S QUALITY OF LIFE

MORE WALK/COFFEE
BREAKS

CREATING HYBRID
ENVIRONMENT

COMMUTE LESS

CONTINUE WFH

EASE OF LEAVE TO
SPEND TIME WITH
FAMILY/FRIENDS

INCREASE FLEXIBILITY
(HOURS/DAYS OFF/WFH)

WORK LIFE BALANCE
CRUCIAL

WORK HOURS
EXPECTATIONS

ACTS OF GRATITUDE WITNESSED

- CARPOOLING KIDS TO SCHOOL
- FAMILY MOVING IN TOGETHER FOR SUPPORT
- INTERACTED WITH NEIGHBOURS MORE
- MADE MORE TIME FOR FAMILY & FRIENDS
- DONATING TO CHARITIES
- REACHING OUT TO SUPPORT NETWORK
- SLOWING DOWN
- INCREASED EXERCISE
- VALUING SMALL MOMENTS (COFFEE/WALKS/SUNSHINE)
- APPRECIATING OUTDOORS MORE
- PROVIDING FINANCIAL SUPPORT TO OTHERS
- SMILING MORE AT STRANGERS