

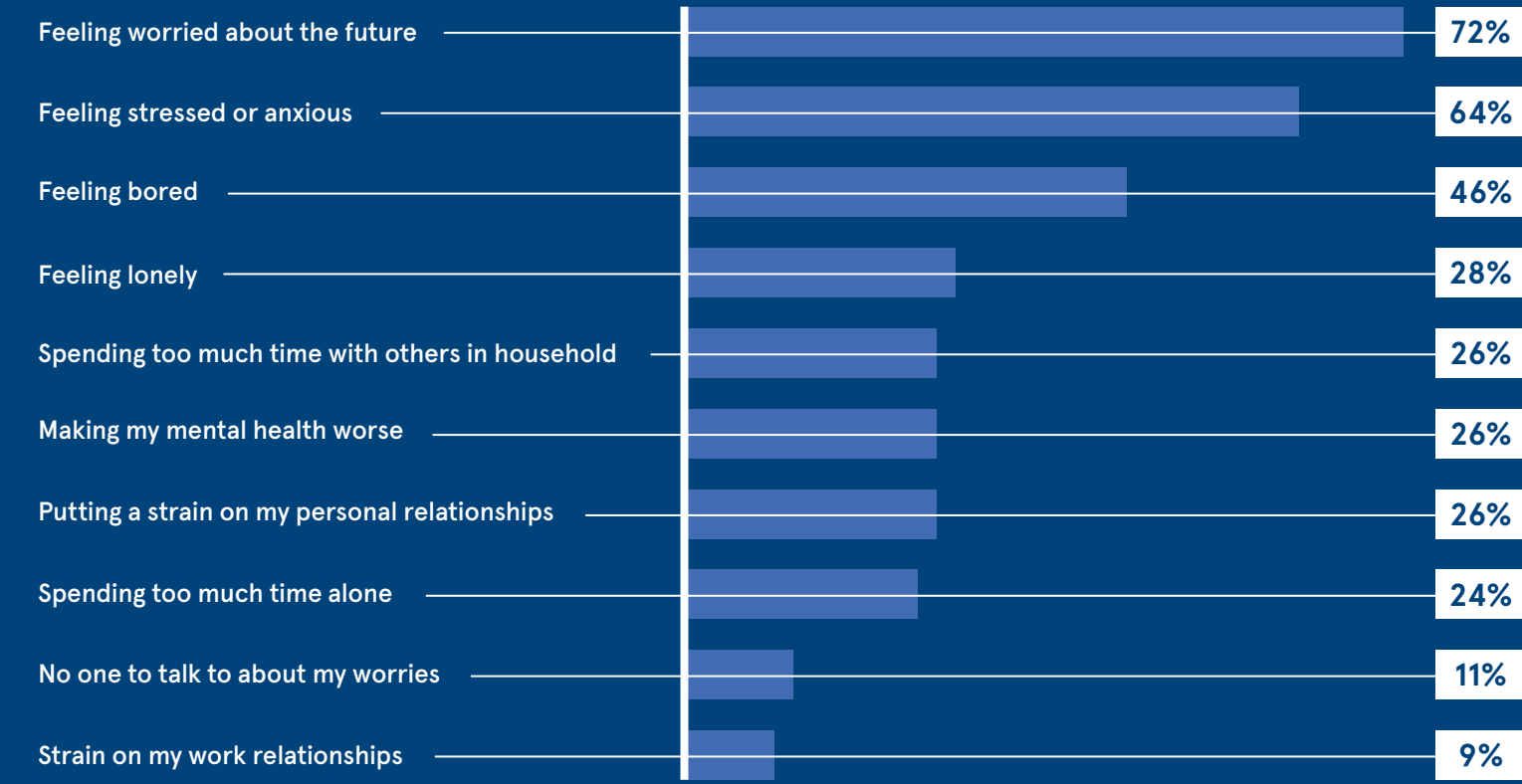
FEELING THE PANDEMIC PRESSURE

The evidence that the coronavirus pandemic has harmed our mental health is overwhelming. From increased stress and anxiety to feelings of loneliness and trouble sleeping, the minds of people all over the world are suffering, but what are the specific issues keeping us up? And what can we do to tackle them?

LOCKDOWN PUTTING PRESSURE ON PEOPLE'S MENTAL STATE

Britons were asked the ways in which the pandemic was affecting their wellbeing

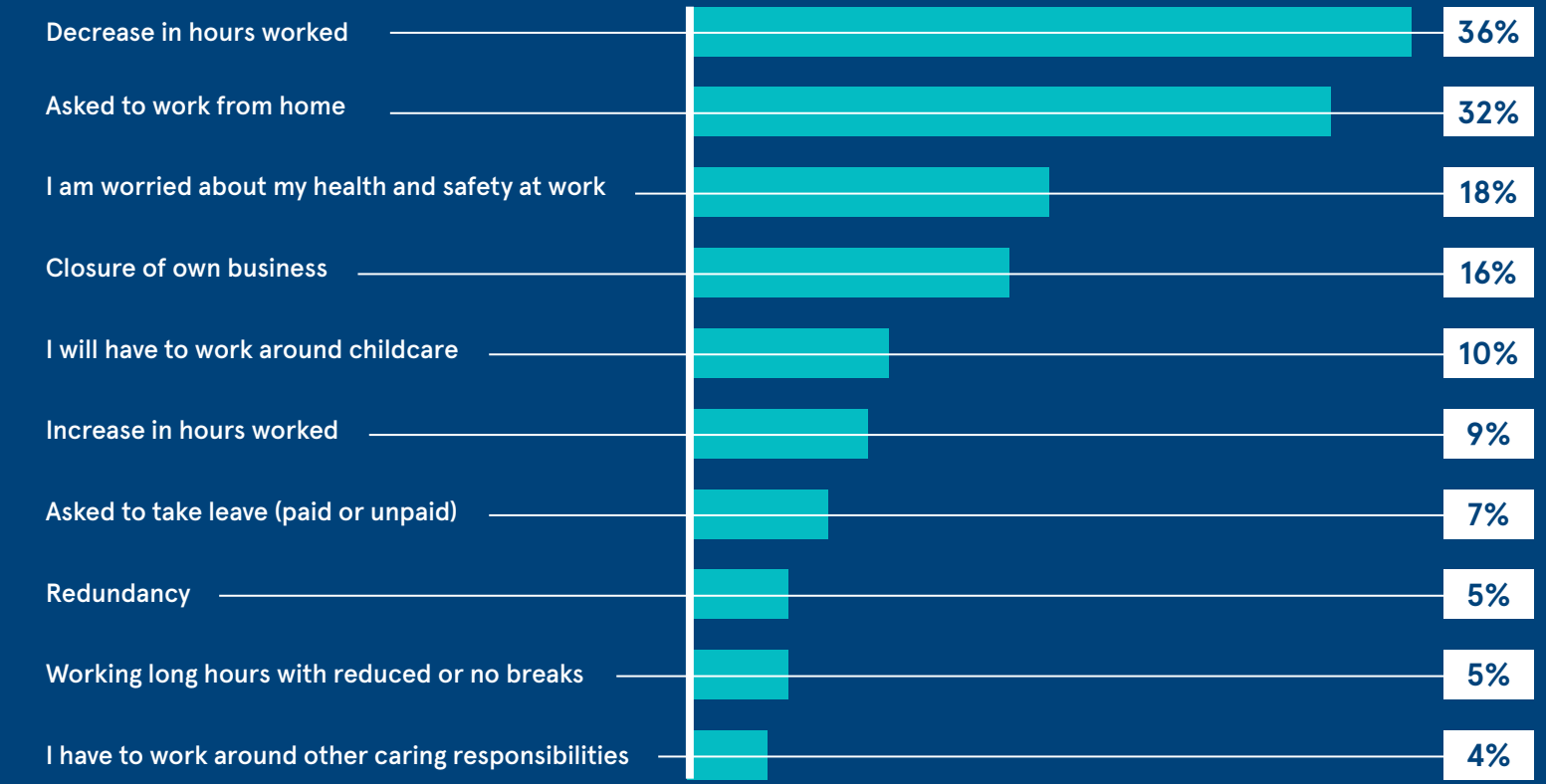
Office for National Statistics 2020



COVID-19 DRIVING A NEW SPATE OF WORRIES AROUND WORK

How the pandemic has impacted the jobs and working lives of UK employees

Office for National Statistics 2020



HOUSEHOLD FINANCES HAVE BECOME A LARGER CAUSE FOR CONCERN FOR MANY

The ways in which COVID-19 has impacted household finances, according to the 23 per cent of UK adults who said it had

Office for National Statistics 2020

73%

Reduced income

32%

Use of my savings to cover living costs

26%

Savings value is being affected by economic instability

22%

Struggling to pay bills, such as food and energy

20%

Pension value is being affected by economic instability

11%

Providing financial support to friends and family

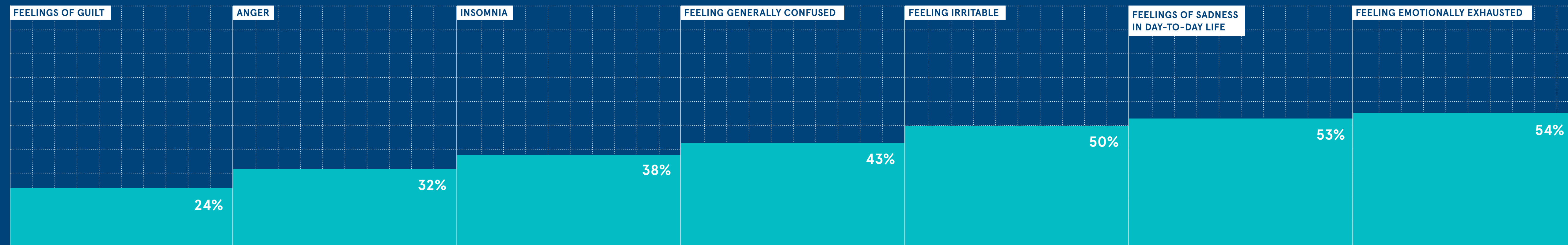
4%

Delay to state welfare benefits, such as Universal Credit

SYMPTOMS OF POOR MENTAL HEALTH ON THE RISE SINCE CORONAVIRUS OUTBREAK

Qualtrics 2020

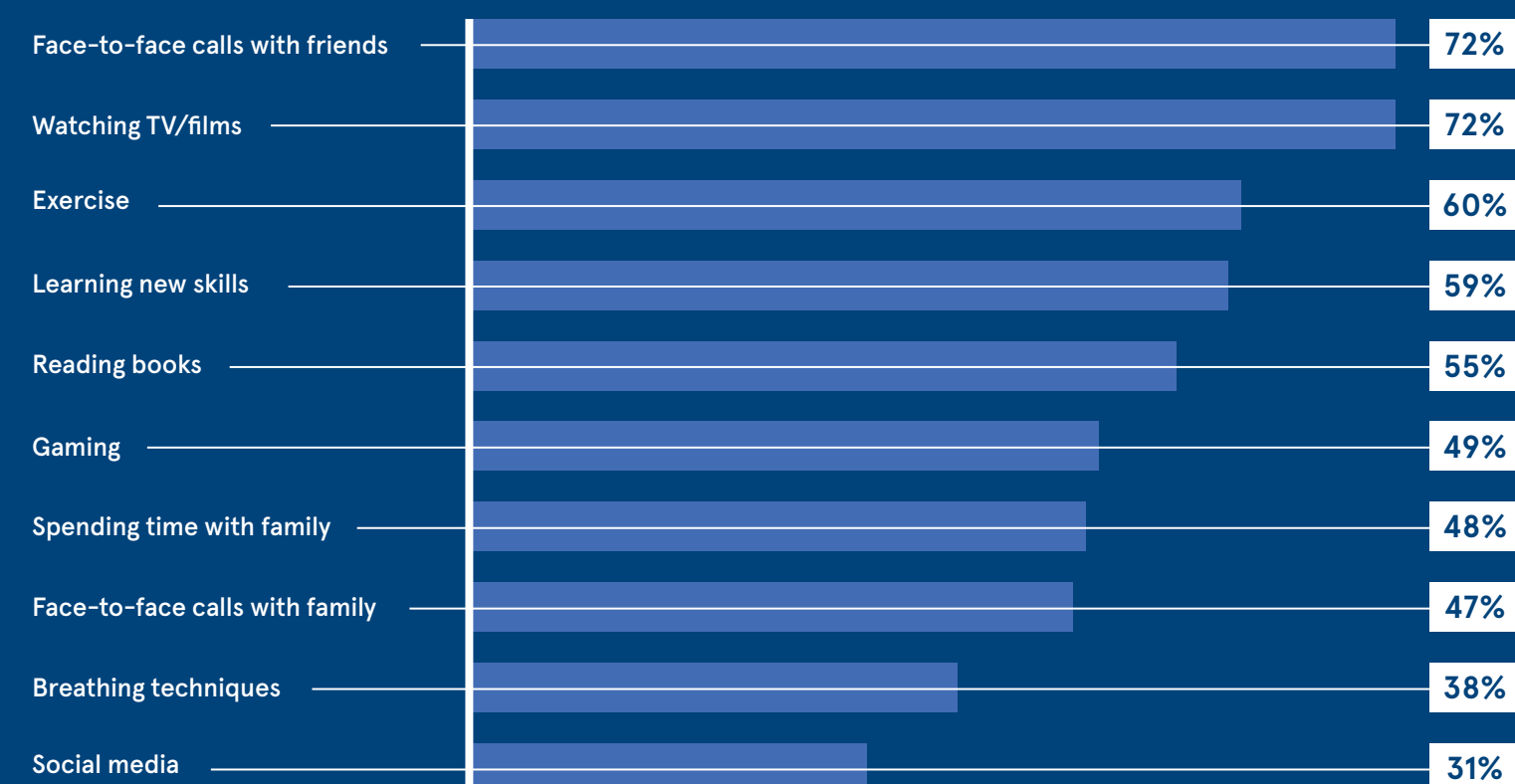
Employees from around the world were asked which of the following they had experienced more of since the beginning of the pandemic



DEVELOPING NEW COPING MECHANISMS DURING LOCKDOWN

Activities young people in the UK find helpful in managing their mental health during the pandemic

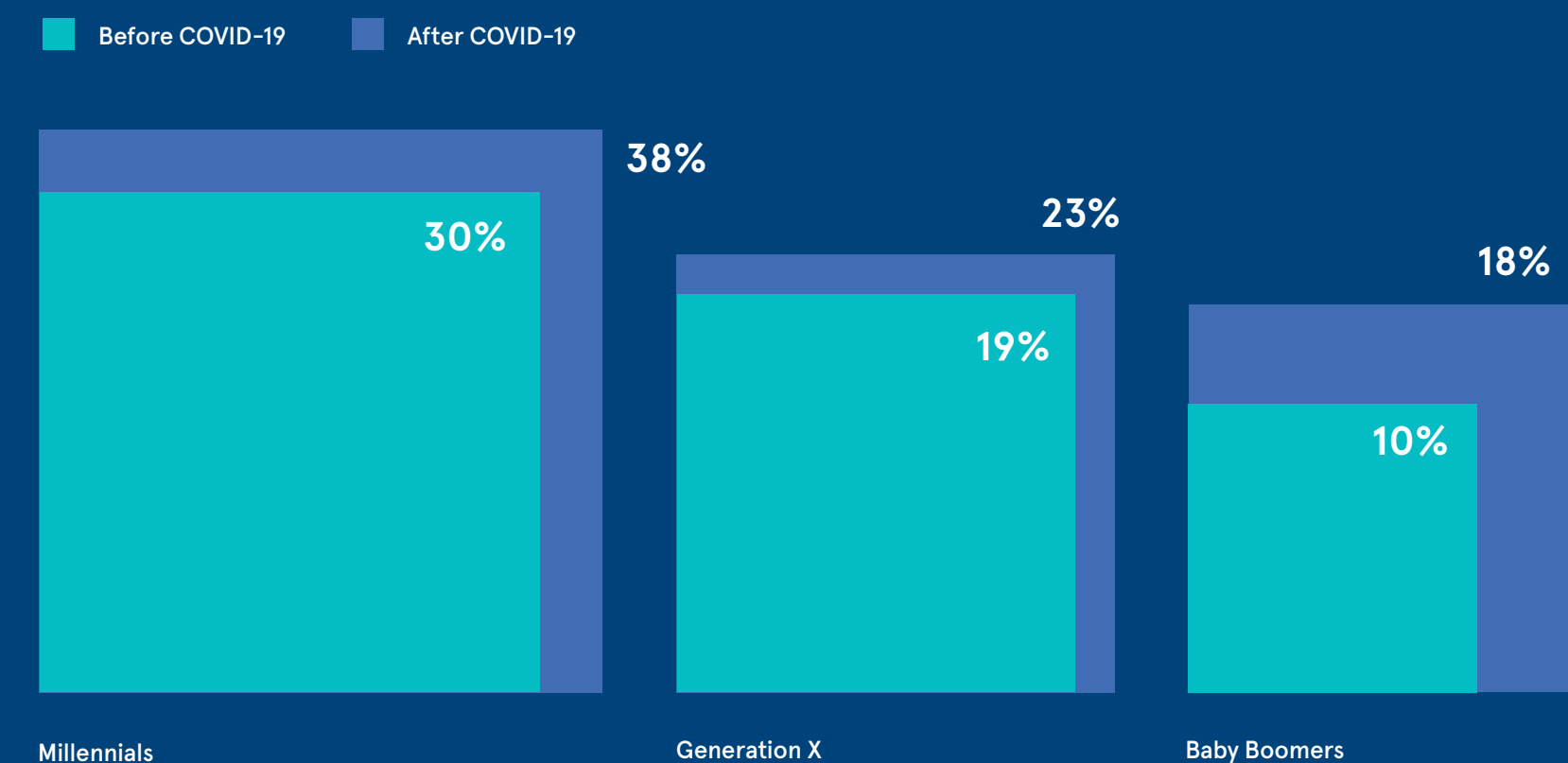
YoungMinds 2020



LONELINESS ON THE RISE AMONG ALL AGE GROUPS

Qualtrics 2020

There has been a 7 per cent increase in feelings of loneliness for American adults overall, with the numbers particularly high among Millennials



HOW MANAGERS CAN SUPPORT WORKERS WHO ARE STRUGGLING DURING THE PANDEMIC

Qualtrics 2020

One in three employees feel that, were they to talk to someone, their manager would be best placed to help them with their mental health issues; but not all are willing to initiate conversations themselves

