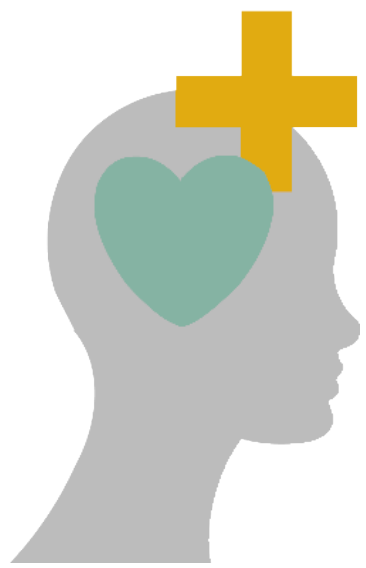


LESSONS FROM LOCKDOWN

GENERAL MENTAL HEALTH



1 in 4
felt better

24% said they had better mental health during the lockdown, with 8% flourishing



1 in 3
struggling

32% were struggling with, or felt they had worse, mental health during lockdown

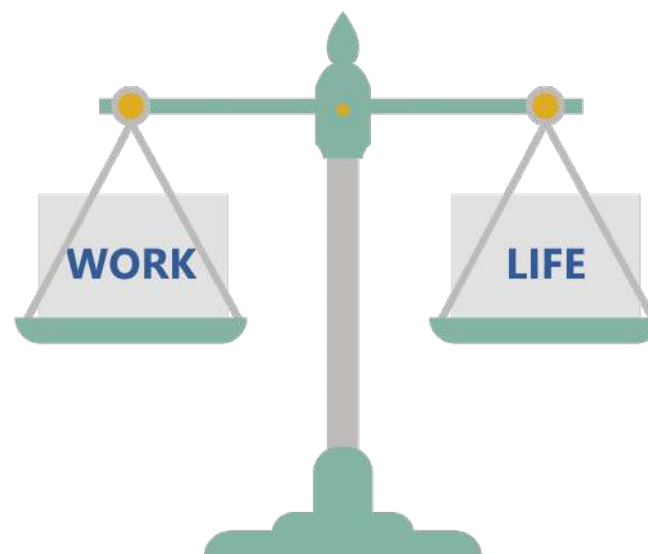


61% worried
that those close to them would contract the virus

56% uncertain
over half were uncertain about the future

44%

of those with worse mental health had a pre-existing mental health condition



45% flexible working

nearly half of people wanted to continue to work flexibly post lockdown

43% more spare time

nearly half of people had more spare time during lockdown, than before

#lessonsfromlockdown

Figures are based on The Healthy Work Company's 2020 Lockdown Survey, with 648 participants.



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