

# Key Themes:

Mental Health and Wellbeing whilst WFH during Covid-19 Lockdown, March-May 2020



**WFH set up**



**Life stage**



**Work/life balance**



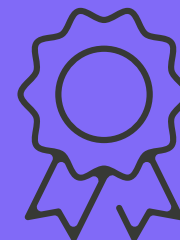
**Uncertainty**



**Communication**



**1:1 Check ins**



**Culture**



**Return to office**

# Q&R Aggregates

for Mental Health and Wellbeing whilst WFH during Covid-19 Lockdown, March-May 2020



**72%**  
Mental Health  
Score

**1 in 3**  
struggle with  
work and home  
life balance

**57%**  
feel there is  
sufficient and clear  
communication  
from their  
leadership team

**48%**  
feel sufficiently  
connected with  
colleagues

**1 in 5**  
aged 25 and under  
suffering extremely  
high and low moods  
or social withdrawal

**66%**  
aged 25 and under suffering  
one of more signs of mental  
ill-health i.e. extremely high  
and low moods or social  
withdrawal, extreme sadness  
or irritability, excessive fear,  
worry or anxiety, dramatic  
changes in eating and/  
or sleeping habits

**97%**  
have reservations  
about returning to  
work in the office

**82%**  
say really or quite  
nervous about  
resuming travel  
into office