

Working from home during COVID-19 and mental health

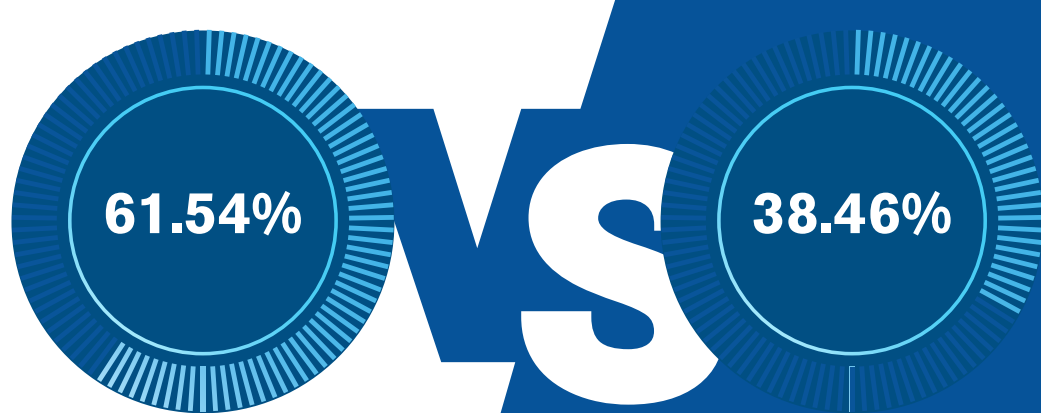
Since the outset of the coronavirus pandemic earlier this year, people all over the world have speculated on how the dramatic shift in working habits would affect the mental health of employees having to work from home. Working from home has become more and more popular in recent decades, thanks largely due to technological advances meaning that remote working is a much more viable option than in recent years.

What we wanted to understand is how people have adapted to working from home as a result of COVID-19 and how it has affected their mental health.

We surveyed 186 employees across the US between the ages of 18 and 60 who worked from home during the pandemic and uncovered the following data.



How has working from home affected mental health?



of respondents said that they felt their mental health had improved working from home

felt that working from home had a negative effect on their mental health



Interesting Find

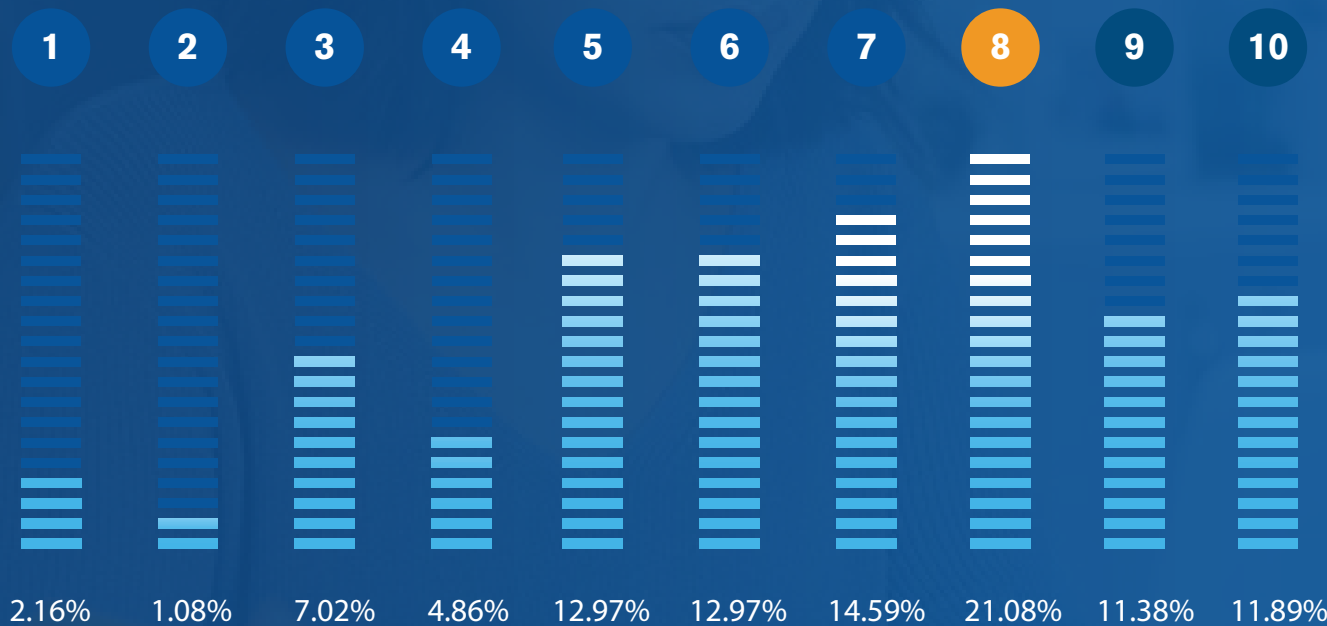
What's interesting is that even in the midst of uncertainty and economic turmoil, individuals felt that working at home actually made an improvement on their mental health.

How do remote workers rate their mental health?

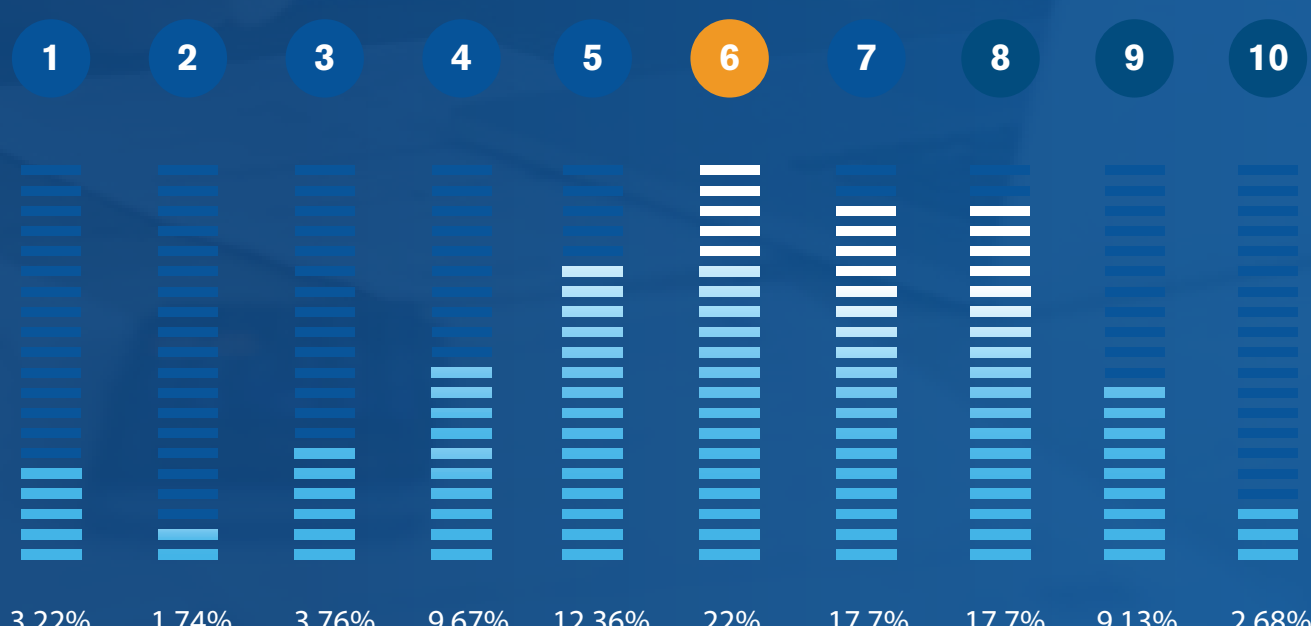
We asked participants to rank their mental health between 1-10 (10 being the highest) when required to work in the office and when working from home during the pandemic.

Below is a breakdown of how participants ranked their mental health when they are required to work in the office vs working from home during the pandemic.

Mental health rankings working from home



Mental health rankings working from the office



Work life balance

Having a poor work life balance can have a negative impact on mental health, as we know this can lead to stress and other complications for workers who don't have boundaries between their work and home life.

We asked participants how they felt working from home during the COVID-19 crisis has affected their work life balance.



27.57%

felt that it was about the same



50.27%

of respondents said they felt their work life balance was BETTER



22.16%

felt that it was WORSE