

YuLife's Employee Health & Wellbeing Survey 3.0



Source: YouGov survey of 1,032 UK adults

We have conducted a survey in conjunction with YouGov which investigated the impact of the Covid-19 pandemic on employees' wellbeing in the workplace. The survey was conducted to coincide with the one-year anniversary of the UK's first nationwide lockdown in March 2020.

Our 2021 employee survey highlights the dramatic impact the pandemic has had on employees' wellbeing and expectation for employers.



No breaks for a quarter of employees.

🕒 22%

Almost a quarter of employees **don't take any breaks during their working day**, apart from lunch breaks.



🧠 42%

of employees are **more stressed at work** than they were before the onset of the pandemic.

👤 46%

Around half of employees said that their employers and line managers **does not actively encourage** to take breaks.

Employees are expecting more support than ever.



of employees say that employers have an obligation to safeguard employees' wellbeing - **rising to 97% among women.**

Lifestyle habits have changed for the worse.



Netflix Nation.

53% are **watching more tv/videos now** than they were before the pandemic.



Bedtime Blues.

38% of employees say that their **sleep quality is more disturbed** than before the pandemic. **25%** responded they are both **sleeping less** and that their sleep quality is **more disrupted**.



Healthy Intentions.

69% of employees say they **plan healthier behavioural habits** once restrictions loosen (including healthy eating, losing weight, or exercising or meditating more), rising to **82%** among 18 to 24-year-olds.

Low motivation and fatigue in the workplace.



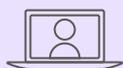
Low Motivation.

33% of people say that they are **less motivated in the workplace** than before the pandemic.



Help Out to Work Out.

25% believe that **greater/more opportunities to exercise or improve their physical health** constitute the most beneficial service employers could provide to boost their health.



Zoom Fatigue.

30% believe the lack of in-person interaction with colleagues as a result of working from home has **negatively affected their wellbeing**.



Employers must now take the lead in encouraging employees to take simple but necessary steps to enhance their wellbeing in the workplace."

Dr. Rangan Chatterjee,
Chief Wellbeing Officer,
YuLife.



YouGov

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 1032 employees. Fieldwork was undertaken between 4th - 5th March 2021. The survey was carried out online. The figures have been weighted and are representative of all UK employees aged 18+



Life insurance that inspires life

Get in touch!

YuLife transforms traditional insurance and employee benefits into life-enhancing experiences every employee will value and use. This is supported by an extensive package of preventative health benefits that protect the wellbeing of employees today and in the future.

www.yulife.com | hello@yulife.com