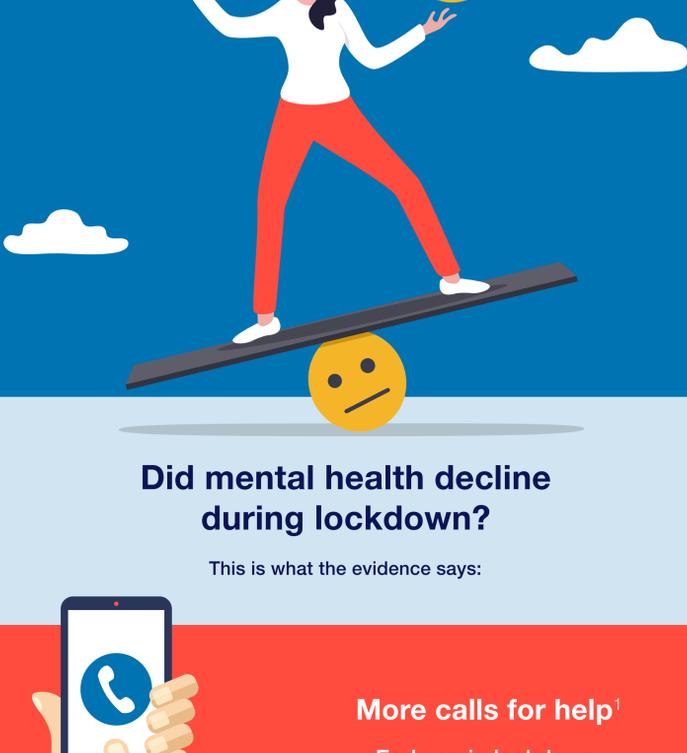


Pandemic mental health: what we learned about homeworker wellbeing

Lockdown has taken its toll on a lot of people's mental health. Here we look at the causes, ways people have been coping, and what we can all do to make sure working from home in the future is as stress-free as possible.



Did mental health decline during lockdown?

This is what the evidence says:

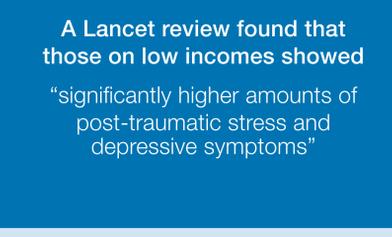


More calls for help¹

Early on in lockdown, Bupa reported a **300%** rise in calls to its wellbeing advice line

Less ability to cope²

Over 50% of adults said their mental health got worse during lockdown



Money worries¹



A Lancet review found that those on low incomes showed "significantly higher amounts of post-traumatic stress and depressive symptoms"

How did lockdown affect our habits?¹



Wellbeing is cyclical. Sometimes when we feel low, stressed, or anxious, we lose motivation to go outside, exercise, or socialise. We are also more likely to turn to stimulants like sugary food and alcohol.

Over time, poor nutrition, overeating, isolation and lack of exercise can impact your physical health and in turn make you feel worse.



Healthy coping strategies

- 1 Separating work from home life**
- 2 Keeping in contact with friends and family**
- 3 Daily routine & structure**
- 4 Regular exercise and movement**
- 5 Healthy eating**
- 6 Close contact with co-workers**
- 7 Open communication with manager**
- 8 Journaling**

Has help been available?



Ways employers can help

- 1** Implement employee assistance programmes that provide access to counselling
- 2** Provide resources that equally emphasise and support mental and physical health
- 3** Insist on ways of working that promote mental wellbeing (e.g. no out-of-hours emails, limiting overtime working)
- 4** Leaders should embed an open culture when it comes to mental health
- 5** Offer online mental health training to all staff

Homeworking wellbeing booster ideas

- Virtual workshops (singing, dancing, language, crafts etc.)
- Virtual meditation
- Yoga and fitness classes
- Cooking classes via Zoom
- Story time for employees' children
- Buddying system - employees are paired with someone outside their department to check on their mental welfare

What's next?

At Posturite we help businesses and people improve their mental wellbeing by offering consulting services, online training and free resources like this infographic. We can help office workers improve their daily habits with access to products such as ergonomic chairs, sit-stand desks and more. **Find out more at [posturite.co.uk](https://www.posturite.co.uk)**

¹ <https://www.ft.com/content/315095c0-7da0-11ea-8fdb-7ec06adeef84>
² https://www.mind.org.uk/media-a/5929/the-mental-health-emergency_a4_final.pdf
³ <https://www.shponline.co.uk/stress/why-work-related-stress-is-getting-critical-and-what-to-do-about-it/>