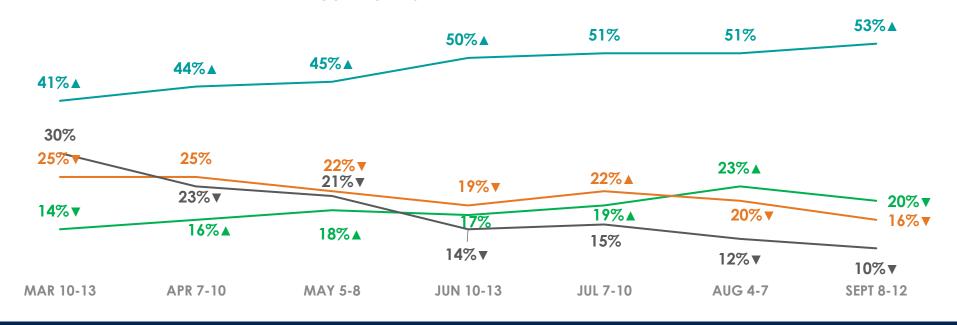
# YOU KNOW? DID

Behavior change is a constant – whether driven by the pandemic or inflation. Many curtail discretionary spending while also leveraging supplemental sources of income.



#### **TOP CONCERNS – FIRST OR SECOND PRIORITIES**

- RISING PRICES / INFLATION THE COVID-19 PANDEMIC
- THE ENVIRONMENT / CLIMATE CHANGE THE CONFLICT IN UKRAINE



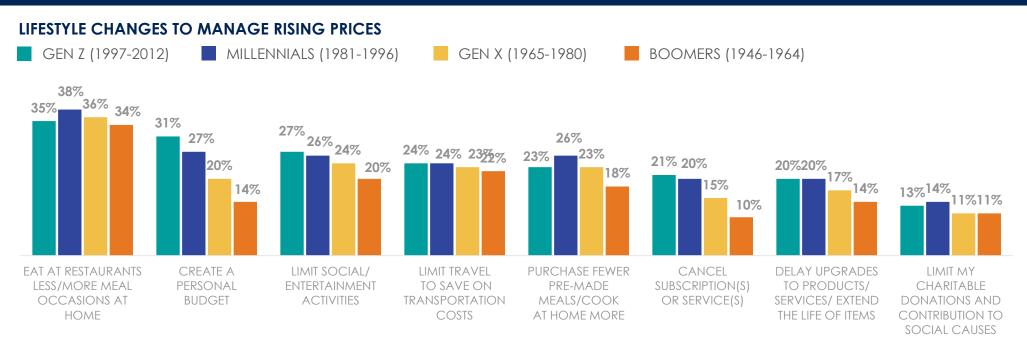
While a post-pandemic "return to normal" becomes increasingly common, a shift in habits and routines suggests more of an evolution of norms

#### CHANGES TO HABITS AND ROUTINES AS A RESULT OF THE PANDEMIC

ADOPTED SIGNIFICANTLY DIFFERENT HABITS/ROUTINES ADOPTED SOMEWHAT DIFFERENT HABITS/ROUTINES NET CHANGE **MY STUDENT LIFE\*\*** 30% 39% 69% **LEISURE TRAVEL** 22% 35% 57% MY WORK LIFE † 20% 34% 54% **MY SOCIAL LIFE** 18% 54% 36% **HOW I SHOP** 17% 36% 53% 18% 33% 51% **MY HEALTH AND WELLNESS** WHAT I DO FOR FUN 16% 35% 51% DAILY TRAVEL/COMMUTING 18% 33% 51% **MY PERSONAL HYGIENE** 19% 31% 50% **ENVIRONMENTAL INITIATIVES** 15% 33% 48% **MY INVOLVEMENT WITH GOVERNMENT/POLITICS** 17% 29% 46% 15% 31% 46% **MY FAMILY LIFE MY MEALS** 15% 30% 45% \*\* Among students **MY FAITH/SPIRITUALITY** 27% 44% + Among those employed

**ESSENTIALS** SYNDICATED September 2022

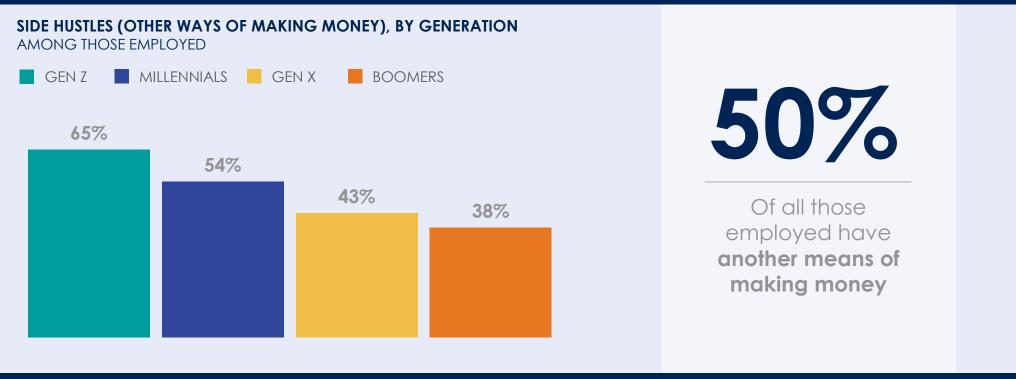
Gen Z and Millennials are more likely to take actions to manage the impact of rising prices



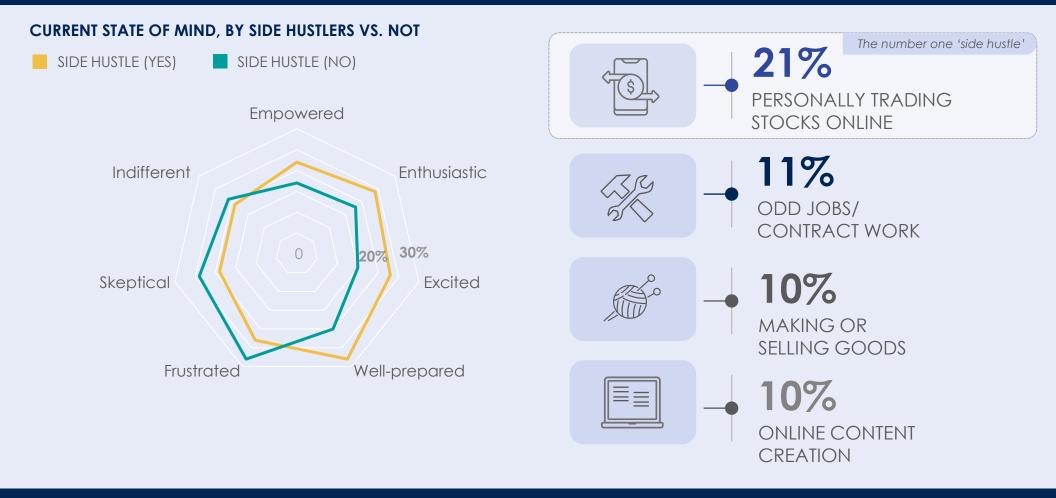
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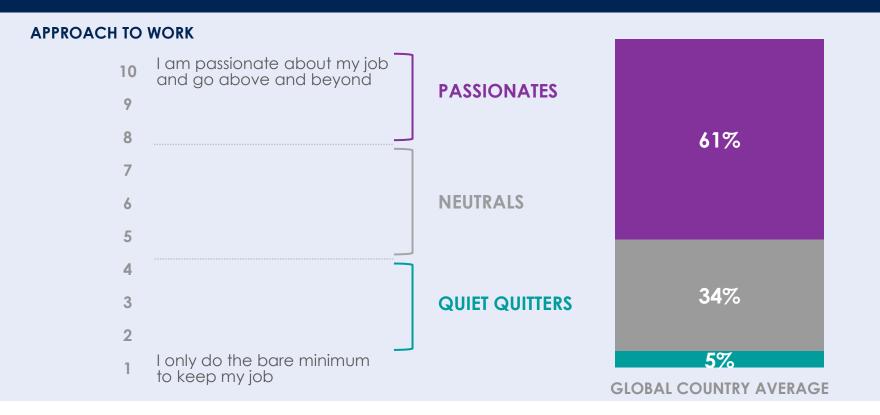
## Half of workers have some other means of generating income; these 'side hustles' are much more common amongst younger generations



### 'Side hustles' help foster feelings of empowerment and enthusiasm, and allow people to feel more prepared



With more than half of employees passionate about their job, 'Quiet Quitting' seems to be an overblown trend



**Ipsos Essentials** monitors how people across the globe navigate the new rules of engagement and the resulting impact on our state of mind, state of wallet, and future intentions. Each month Ipsos surveys consumers in 15 countries, including: Australia, Brazil, Canada, China, France, Germany, India, Italy, Japan, Mexico, South Africa, South Korea, Spain, the UK, and the US.

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