



# **PRESS RELEASE : COVID IMPACT ON WELLNESS**

IPSOS MALAYSIA

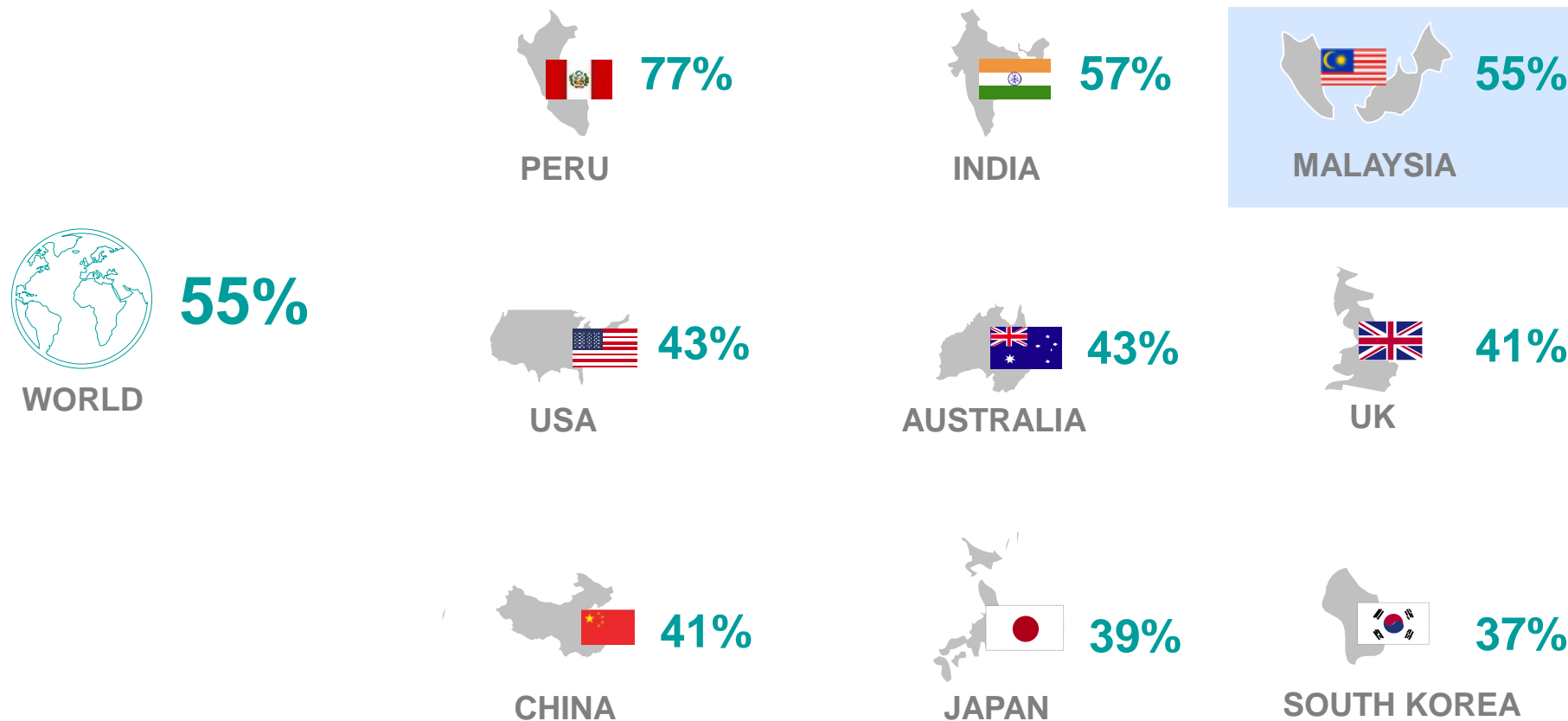
6 October, 2020

**GAME CHANGERS**



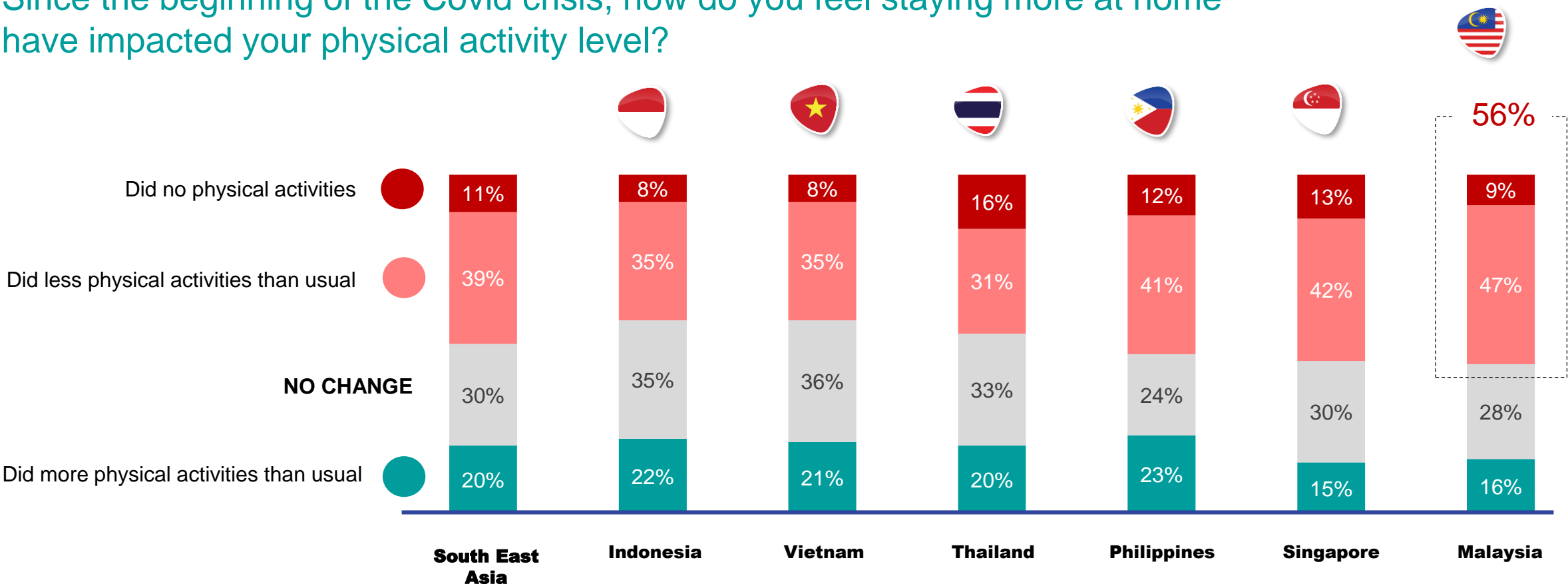
# FOR MALAYSIANS, HEALTH AND PHYSICAL WELL-BEING IS A KEY SOURCE TO HAPPINESS IN LIFE

% who say 'health/physical well-being' would bring 'the greatest happiness' in their life



# HOWEVER, MORE THAN HALF OF MALAYSIANS HAVE BEEN LESS PHYSICALLY ACTIVE, SINCE COVID

Since the beginning of the Covid crisis, how do you feel staying more at home have impacted your physical activity level?



# COVID HAS DEFINITELY IMPACTED MENTAL WELLNESS OF MALAYSIANS, BUT MALAYSIA DOES BETTER THAN SOUTH EAST ASIA PEER COUNTRIES.

Since the beginning of the Covid crisis, how do you feel staying more at home have impacted your mental wellness?

