

Thinking about the past 12 months, which of the following apply to you personally?

	Total	REGION						HOUSEHOLD INCOME				HOUSEHOLD COMPOSITION		Barriers to Financial Security	
		BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$40k	\$40k <\$60k	\$60k <\$100k	\$100k+	Kids	No Kids	Yes	No
		A	B	C	D	E	F	G	H	I	J	K	L	M	N
Base: All Respondents (nwtd)	1001	125	118	109	385	161	103	275	178	281	209	265	736	862	138
Base: All Respondents (wtd)	1001	134	111	62	385	239	67	302	185	262	191	259	742	863	137
Lost my job	60	8	11	3	20	12	6	27	5	17	7	14	46	58	2
	6%	6%	9%	6%	5%	5%	9%	3%	7%	4%	5%	6%	6%	7%	1%
	*	*	*	*	*	*	HJ							N	
Training/New Job (Net)	166	21	21	14	60	42	8	53	30	46	26	44	122	160	5
	17%	16%	18%	23%	16%	17%	12%	18%	16%	18%	13%	17%	16%	19%	4%
	*	*	*	*	*	*	*							N	
Got a new job	110	15	13	11	41	24	7	35	25	30	16	29	81	108	2
	11%	11%	11%	18%	11%	10%	10%	12%	13%	12%	9%	11%	11%	11%	1%
	*	*	*	*	*	*	*							N	
Started a second or third job	44	6	5	4	15	13	1	18	5	14	7	16	28	42	2
	4%	4%	4%	7%	4%	5%	2%	6%	3%	5%	3%	6%	4%	5%	2%
	*	*	*	*	*	*	*								
Retrained for a new career or pursued further training for my current job	54	7	7	4	19	13	3	16	13	10	7	11	43	52	1
	5%	5%	6%	7%	5%	6%	5%	5%	7%	4%	4%	4%	6%	6%	1%
	*	*	*	*	*	*	*							N	
Cut Spending (Net)	483	74	61	37	184	94	33	156	94	124	89	113	370	458	24
	48%	55%	54%	60%	48%	39%	50%	52%	51%	47%	47%	43%	50%	53%	17%
	E*	E*	E*	DE*			*							N	
Reduced non-essential spending on things like entertainment or travel	372	63	43	24	135	81	26	101	79	102	78	84	288	348	24
	27%	47%	38%	39%	35%	34%	39%	33%	43%	39%	41%	32%	39%	40%	17%
	DE*	*	*	*	*	*	*							N	
Reduced spending on essentials like food or clothing in order to pay for other essential needs	227	39	25	20	87	34	21	102	44	45	31	47	179	225	1
	23%	29%	22%	32%	23%	14%	32%	34%	24%	17%	16%	18%	24%	26%	1%
	E*	*	E*		E*	HJ								N	
Sold off possessions to help pay the bills	111	14	24	12	40	13	8	46	31	22	10	31	80	111	-
	11%	10%	21%	19%	10%	6%	12%	15%	16%	8%	5%	12%	11%	13%	-
	*	ADE*	DE*		*	*	U	U						N	
Worked from home for an extended period of time	150	20	23	11	53	32	11	22	28	43	50	49	101	131	19
	15%	15%	20%	17%	14%	13%	16%	7%	15%	16%	26%	19%	14%	15%	14%
	*	*	*	*	*	*	G	G	GH						
Returned to working at the office	74	9	8	6	18	27	6	8	12	26	23	21	53	65	9
	7%	7%	7%	9%	5%	11%	9%	3%	6%	10%	12%	8%	7%	8%	6%
	*	*	*	*	D	*			G	G					
Started working remotely/from home	91	12	15	6	32	22	5	15	19	28	26	26	65	87	4
	9%	9%	14%	9%	8%	9%	7%	5%	10%	11%	14%	10%	9%	10%	3%
	*	*	*	*	*	*	*		G	G				N	
Gained weight	287	36	30	20	124	55	20	90	48	64	67	80	206	269	18
	29%	27%	30%	33%	32%	23%	30%	30%	26%	25%	35%	31%	28%	31%	13%
	*	*	*	*	*	*	*		I					N	
In Better Shape (Net)	333	53	45	22	114	76	22	87	70	87	81	89	244	295	37
	33%	40%	40%	36%	30%	32%	33%	29%	38%	33%	42%	34%	33%	34%	27%
	*	*	*	*	*	*	*		G						
Lost weight	207	28	33	14	64	54	15	63	43	51	46	55	152	185	22
	21%	21%	29%	22%	17%	22%	23%	21%	23%	19%	24%	21%	20%	21%	16%
	*	D*	*	*	*	*	*								
Spent more time being physically active	205	38	23	15	72	41	16	43	43	55	59	54	151	175	30
	20%	28%	20%	24%	19%	17%	24%	14%	22%	21%	31%	21%	20%	20%	22%
	DE*	*	*	*	*	*	*		G	GI					
Started or ended a romantic relationship	91	7	10	5	36	30	3	30	30	17	12	22	69	88	2
	9%	5%	9%	8%	9%	12%	4%	10%	16%	7%	6%	8%	9%	10%	2%
	*	*	*	*	*	*	*		U					N	
Mental Health, Addition And Alcohol (Net)	456	62	67	34	177	87	29	132	94	121	88	136	320	423	33
	46%	46%	60%	55%	46%	37%	43%	44%	51%	46%	46%	52%	43%	49%	24%
	*	DEF*	E*	E*	*	*	*					L		N	
Consumed more alcohol	136	16	24	8	52	28	9	43	18	40	34	44	92	128	8
	14%	12%	22%	13%	13%	12%	13%	14%	10%	15%	18%	17%	12%	15%	6%
	*	DE*	*	*	*	*	*			H				N	
Consumed less alcohol	141	26	16	17	36	36	11	32	33	41	26	52	89	131	10
	14%	19%	14%	17%	9%	15%	16%	10%	18%	16%	14%	20%	12%	15%	7%
	D*	*	BDE*	*	*	*	*							N	
Struggled with addiction	63	9	9	6	24	11	4	32	15	10	5	22	41	63	-
	6%	7%	8%	9%	6%	5%	6%	11%	8%	4%	3%	8%	6%	7%	-
	*	*	*	*	*	*	*		U	J				N	
Struggled with my mental health	269	33	42	18	123	36	17	94	59	58	42	71	198	252	17
	27%	25%	37%	39%	32%	15%	26%	31%	32%	22%	22%	27%	27%	29%	13%
	*	E*	E*	E*	E*	E*	E*		I	I				N	
None of the above	136	27	4	5	49	39	11	42	16	38	18	24	111	73	63
	14%	20%	4%	8%	13%	16%	17%	14%	9%	15%	9%	9%	15%	8%	46%
	BC*	*	*	*	B	B	B*					K		M	
Sigma	2828	413	364	208	1040	602	200	856	566	711	565	753	2074	2592	233
	282%	308%	322%	335%	270%	252%	299%	283%	305%	271%	290%	291%	280%	300%	170%

To what extent do you agree or disagree with the following: - Top 2 Box Summary

	Total	REGION						HOUSEHOLD INCOME				HOUSEHOLD COMPOSITION		Barriers to Financial Security	
		BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$40K	\$40K - <\$60K	\$60K - <\$100K	\$100K+	Kids	No Kids	Yes	No
		A	B	C	D	E	F	G	H	I	J	K	L	M	N
I expect to return to the office on a regular basis in 2022	68	11	12	5	27	9	3	6	9	18	33	26	42	60	8
	50%	58%	65%	68%	51%	32%	39%	35%	35%	46%	68%	57%	47%	50%	48%
		**	**	**		**	**	**	**	**	*	l*	*	*	**
I want to return to the office on a regular basis in 2022	60	9	9	4	25	8	5	9	12	14	21	21	39	51	9
	44%	47%	46%	58%	47%	28%	51%	49%	48%	38%	43%	46%	43%	43%	49%
		**	**	**		**	**	**	**	*	*	*	*	**	
I started a new job because I wanted to - it was my choice	67	11	7	7	25	14	4	16	13	23	12	20	47	66	1
	72%	76%	68%	68%	74%	70%	67%	58%	67%	81%	81%	81%	68%	71%	100%
		**	**	**		**	**	**	**	**	**	**	**	**	**
I have enjoyed working from home more often in 2021	120	16	17	7	46	25	8	15	23	36	39	39	81	106	14
	88%	80%	88%	96%	87%	90%	93%	84%	90%	94%	82%	85%	89%	89%	80%
		**	**	**		**	**	**	**	*	*	*	*	**	
I miss being with my colleagues in person	79	13	10	5	28	16	7	6	14	26	27	33	46	69	10
	58%	68%	51%	69%	52%	58%	75%	35%	57%	67%	57%	72%	51%	58%	58%
		**	**	**		**	**	**	**	*	*	L*	*	**	
I have achieved a better work-life balance in 2021	376	48	36	24	129	117	22	65	72	115	109	128	248	330	46
	64%	60%	49%	68%	60%	77%	69%	57%	64%	65%	69%	69%	62%	63%	72%
		*	*	B*		ABD*	B*	*	*					*	
I would be fine earning 20% less money if it meant I could work 20% fewer hours than I do now	231	34	24	14	70	80	9	55	46	61	57	71	159	201	30
	39%	42%	32%	38%	33%	53%	28%	48%	41%	34%	36%	38%	40%	38%	47%
		*	*	*		BDF*	*	l*	*					*	

To what extent do you agree or disagree with the following: - Bottom 2 Box Summary

	Total	REGION						HOUSEHOLD INCOME				HOUSEHOLD COMPOSITION		Barriers to Financial Security	
		BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$40K	\$40K - <\$60K	\$60K - <\$100K	\$100K+	Kids	No Kids	Yes	No
		A	B	C	D	E	F	G	H	I	J	K	L	M	N
I expect to return to the office on a regular basis in 2022	68	8	7	2	26	19	5	12	17	21	15	20	48	59	9
	50%	42%	35%	32%	49%	68%	61%	65%	65%	54%	32%	43%	53%	50%	52%
		**	**	**		**	**	**	**	**	J*	*	*	*	**
I want to return to the office on a regular basis in 2022	77	10	10	3	28	20	4	9	13	24	27	25	52	68	9
	56%	53%	54%	42%	53%	72%	49%	51%	52%	62%	57%	54%	57%	57%	51%
		**	**	**		**	**	**	**	*	*	*	*		**
I started a new job because I wanted to - it was my choice	27	4	3	3	9	6	2	12	6	5	3	5	22	27	-
	28%	24%	32%	32%	26%	30%	33%	42%	33%	19%	19%	19%	32%	29%	-
		**	**	**		**	**	**	**	**	**	**	**		**
I have enjoyed working from home more often in 2021	17	4	2	*	7	3	1	3	2	2	9	7	10	13	4
	12%	20%	12%	4%	13%	10%	7%	16%	10%	6%	18%	15%	11%	11%	20%
		**	**	**		**	**	**	**	*	*	*	*		**
I miss being with my colleagues in person	57	6	9	2	25	12	2	12	11	13	20	13	45	50	7
	42%	32%	49%	31%	48%	42%	25%	65%	43%	33%	43%	28%	49%	42%	42%
		**	**	**		**	**	**	**	*	*	*	K*		**
I have achieved a better work-life balance in 2021	211	32	37	11	85	35	10	50	40	63	48	58	153	193	18
	36%	40%	51%	32%	40%	23%	31%	43%	36%	35%	31%	31%	38%	37%	28%
		E*	CEF*	*	E	*	*	*	*						*
I would be fine earning 20% less money if it meant I could work 20% fewer hours than I do now	357	47	49	22	144	72	23	60	66	117	100	115	242	323	34
	61%	58%	68%	62%	67%	47%	72%	52%	59%	66%	64%	62%	60%	62%	53%
		*	E*	*	E	*	E*	*	*	G					*