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

Thinking about the past 12 months, which of the	following ap		personally?		AGE			EDILIC	CATION	
	Total	Male	Female	18-34	35-54	55+	<hs< th=""><th>HS</th><th>Post Sec</th><th>Univ Grad</th></hs<>	HS	Post Sec	Univ Grad
		A	В	C	D	E	F	G	Н	1
Base: All Respondents (unwtd)	1001	406	595	275	340	386	60	185	422	334
Base: All Respondents (wtd)	1001	490	511	281	346	373	146	276	335	243
	60	29	31	18	23	19	5	23	22	10
Lost my job	6%	6%	6%	6%	7%	5%	3%	8%	7%	4%
							*			
Training/New Job (Not)	166	71	94	86	52	28	16	45	64	41
Training/New Job (Net)	17%	15%	18%	31% DE	15% E	7%	11%	16%	19%	17%
	110	40	70	60	32	18	7	31	45	27
Got a new job	11%	8%	14% A	21% DE	9%	5%	5%	11%	13%	11%
	44	18	27	25	16	4	3	12	17	12
Started a second or third job	4%	4%	5%	9%	5%	1%	2%	4%	5%	5%
	54	25	28	E 27	E 18	9	9	12	20	12
Retrained for a new career or pursued further training for										
my current job	5%	5%	6%	10% E	5%	2%	6%	4%	6%	5%
	483	220	263	122	160	201	54	121	189	119
Cut Spending (Net)	48%	45%	51%	43%	46%	54%	37%	44%	56%	49%
	372	167	205	80	122	C 170	* 39	85	FGI 147	102
Reduced non-essential spending on things like										
entertainment or travel	37%	34%	40%	29%	35%	46% CD	27%	31%	44% FG	42% FG
	227	94	132	59	71	97	29	54	100	44
Reduced spending on essentials like food or clothing in										
order to pay for other essential needs	23%	19%	26%	21%	20%	26%	20%	19%	30%	18%
	111	47	A 64	39	41	31	6	42	GI 44	19
Sold off possessions to help pay the bills	11%	10%	13%	14%	12%	8%	4%	15%	13%	8%
	11/6	10%	13/0	14/0	12/0	670	*	FI FI	1370	0/0
	150	68	82	46	69	36	4	20	53	73
Worked from home for an extended period of time	15%	14%	16%	16%	20%	10%	2%	7%	16%	30%
				E	E		*		FG	FGH
Returned to working at the office	74 7%	38 8%	36 7%	22 8%	36 11%	16 4%	4 3%	21 8%	21 6%	28 11%
Returned to working at the office	776	0/0	770	6/0	E E	470	*	0/0	076	FH
	91	31	60	37	37	17	2	7	35	48
Started working remotely/from home	9%	6%	12%	13% E	11% E	5%	1%	3%	10%	20% FGH
	287	99	A 188	86	112	88	40	83	FG 97	66
Gained weight	29%	20%	37%	31%	32%	24%	27%	30%	29%	27%
	333	160	A 172	88	E 113	132	* 36	67	135	95
In Better Shape (Net)	33%	33%	34%	31%	33%	35%	25%	24%	40%	39%
							*		FG	FG
Lost weight	207	101 21%	106 21%	62 22%	69 20%	76 20%	27 18%	43 16%	81 24%	57 23%
Lost Weight	21/0	21/0	21/0	22/0	20%	20/0	*	1070	G	G G
	205	104	101	49	65	91	19	41	82	63
Spent more time being physically active	20%	21%	20%	17%	19%	24%	13%	15%	25%	26%
							*		G	FG
Started or ended a representa valetional '-	91	34	56	42	38	10	14	28	29	19
Started or ended a romantic relationship	9%	7%	11%	15% E	11% E	3%	10%	10%	9%	8%
	456	214	242	149	177	130	59	130	163	105
Mental Health, Addition And Alcohol (Net)	46%	44%	47%	53%	51%	35%	40%	47%	48%	43%
	40/0		7//0	53% E	51% E	33/0	*	77.70	40/0	73/0
	136	74	62	39	51	46	8	52	48	28
Consumed more alcohol	14%	15%	12%	14%	15%	12%	6%	19% FI	14%	11%
	141	72	69	36	61	43	28	23	56	34
Consumed less alcohol	14%	15%	14%	13%	18%	12%	19%	8%	17%	14%
	63	26	37	22	E 34	7	G* 14	19	G 21	8
Struggled with addiction	6%	5%	7%	8%	10%	2%	10%	7%	6%	3%
				E	E		*			
Struggled with my mental health	269 27%	93 19%	176 34%	112 40%	95 27%	63 17%	33 22%	74 27%	100 30%	63 26%
	2770	1370	A A	DE	E E	27/0	*	2770	3070	20/0
	136	68	67	22	38	76	20	42	42	32
None of the above	14%	14%	13%	8%	11%	20% CD	14%	15%	12%	13%
	2828	1229	1599	884	1027	917	310	715	1059	744
Sigma	282%	251%	313%	314%	297%	245%	212%	259%	316%	306%

To what extent do you agree or disagree with the following: - I expect to return to the office on a regular basis in 2022

To what extent do you agree or disagre			nder		AGE			EDUC	ATION	
	Total	Male	Female	18-34	35-54	55+	<hs< th=""><th>HS</th><th>Post Sec</th><th>Univ Grad</th></hs<>	HS	Post Sec	Univ Grad
		А	В	С	D	E	F	G	н	ı
Base: All Answering (unwtd)	166	59	107	50	76	40	2	15	56	93
Base: All Answering (wtd)	137	62	75	40	66	30	4	19	43	70
	68	32	37	19	34	15	2	10	21	36
Top 2 Box (Net)	50%	51%	49% *	47%	52%	51%	46% **	50%	50%	51%
	19	7	12	8	9	2	-	5	4	10
Strongly agree	14%	11%	17%	21%	13%	8%	-	25%	10%	14%
		*	*	*	*	*	**	**	*	*
	49	25	24	11	26	13	2	5	17	25
Somewhat agree	36%	40% *	33%	26%	39% *	43% *	46% **	25%	40% *	36%
	68	30	38	21	32	15	2	10	22	35
Bottom 2 Box (Net)	50%	49%	51%	53%	48%	49%	54% **	50% **	50%	49%
	51	26	25	17	23	10	2	8	15	26
Somewhat disagree	37%	42%	34%	43%	35%	35%	54%	42%	34%	37%
Sometimae alsag. ee	3776	*	*	*	*	*	**	**	*	*
	17	4	13	4	9	4	-	2	7	9
Strongly disagree	13%	7%	17%	10%	13%	15%	-	8%	16%	12%
		*	*	*	*	*	**	**	*	*
	137	62	75	40	66	30	4	19	43	70
Sigma	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

To what extent do you agree or disagree with the following: - I want to return to the office on a regular basis in 2022

		Ger	nder		AGE			EDUC	ATION	
	Total	Male	Female	18-34	35-54	55+	<hs< th=""><th>HS</th><th>Post Sec</th><th>Univ Grad</th></hs<>	HS	Post Sec	Univ Grad
		A	В	С	D	E	F	G	Н	I
Base: All Answering (unwtd)	166	59	107	50	76	40	2	15	56	93
Base: All Answering (wtd)	137	62	75	40	66	30	4	19	43	70
	60	35	25	20	27	13	4	8	18	30
Top 2 Box (Net)	44%	57%	33%	49%	41%	42%	100%	41%	42%	43%
		В*	*	*	*	*	**	**	*	*
	18	7	11	6	7	5	2	1	4	10
Strongly agree	13%	11%	15%	16%	10%	16%	54%	6%	10%	15%
		*	*	*	*	*	**	**	*	*
	42	28	14	13	21	8	2	7	14	20
Somewhat agree	31%	46%	18%	33%	31%	26%	46%	34%	32%	28%
		В*	*	*	*	*	**	**	*	*
	77	27	50	21	39	17	-	11	25	40
Bottom 2 Box (Net)	56%	43%	67%	51%	59%	58%	-	59%	58%	57%
		*	A*	*	*	*	**	**	*	*
	49	20	29	11	25	14	-	7	16	25
Somewhat disagree	36%	33%	39%	26%	38%	46%	-	38%	38%	36%
		*	*	*	*	*	**	**	*	*
	28	7	21	10	14	4	-	4	9	15
Strongly disagree	20%	11%	28%	25%	21%	12%	-	21%	20%	21%
		*	A*	*	*	*	**	**	*	*
	137	62	75	40	66	30	4	19	43	70
Sigma	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

To what extent do you agree or disagree with the following: - I started a new job because I wanted to - it was my choice

		Ger	nder		AGE			EDUC	CATION	
	Total	Male	Female	18-34	35-54	55+	<hs< th=""><th>HS</th><th>Post Sec</th><th>Univ Grad</th></hs<>	HS	Post Sec	Univ Grad
		А	В	С	D	E	F	G	Н	ı
Base: All Answering (unwtd)	112	29	83	60	36	16	3	18	52	39
Base: All Answering (wtd)	94	32	62	50	28	16	5	24	39	26
	67	22	45	38	19	10	3	18	29	17
Top 2 Box (Net)	72%	71%	72%	77%	69%	62%	60%	73%	75%	68%
		**		*	*	**	**	**	*	*
	34	9	24	20	11	2	1	11	14	8
Strongly agree	36%	30%	39%	41%	40%	13%	20%	46%	35%	30%
		**		*	*	**	**	**	*	*
	33	13	21	18	8	8	2	6	15	10
Somewhat agree	36%	41%	33%	35%	29%	49%	40%	27%	40%	37%
		**		*	*	**	**	**	*	*
	27	9	17	12	9	6	2	6	10	8
Bottom 2 Box (Net)	28%	29%	28%	23%	31%	38%	40%	27%	25%	32%
		**		*	*	**	**	**	*	*
	18	7	10	8	6	3	-	5	6	6
Somewhat disagree	19%	23%	16%	17%	20%	21%	-	23%	15%	24%
		**		*	*	**	**	**	*	*
	9	2	7	3	3	3	2	1	4	2
Strongly disagree	10%	6%	11%	6%	11%	17%	40%	4%	10%	8%
		**		*	*	** ** **	**	*	*	
	94	32	62	50	28	16	5	24	39	26
Sigma	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

To what extent do you agree or disagree with the following: - I have enjoyed working from home more often in 2021

			nder		AGE		EDUCATION			
	Total	Male	Female	18-34	35-54	55+	<hs< th=""><th>HS</th><th>Post Sec</th><th>Univ Grad</th></hs<>	HS	Post Sec	Univ Grad
		А	В	С	D	E	F	G	Н	I
Base: All Answering (unwtd)	166	59	107	50	76	40	2	15	56	93
Base: All Answering (wtd)	137	62	75	40	66	30	4	19	43	70
	120	55	65	37	57	26	4	15	39	62
Top 2 Box (Net)	88%	88%	87%	91%	87%	85%	100%	77%	90%	89%
		*	*	*	*	*	**	**	*	*
	58	19	39	19	28	11	-	7	23	28
Strongly agree	42%	30%	52%	46%	43%	35%	-	34%	53%	40%
		*	A*	*	*	*	**	**	*	*
	62	36	26	18	29	15	4	8	16	34
Somewhat agree	45%	58%	35%	44%	44%	50%	100%	42%	37%	49%
		В*	*	*	*	*	**	**	*	*
	17	7	10	4	9	4	-	5	4	8
Bottom 2 Box (Net)	12%	12%	13%	9%	13%	15%	-	23%	10%	11%
		*	*	*	*	*	**	**	*	*
	15	6	9	4	7	4	-	5	4	6
Somewhat disagree	11%	9%	12%	9%	11%	13%	-	23%	9%	9%
		*	*	*	*	*	**	**	*	*
	2	2	1	-	2	1	-	-	1	2
Strongly disagree	2%	2%	1%	-	2%	2%	-	-	1%	2%
		*	*	*	*	*	**	**	*	*
	137	62	75	40	66	30	4	19	43	70
Sigma	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

To what extent do you agree or disagree with the following: - I miss being with my colleagues in person

		Ger	nder		AGE			EDUC	ATION	
	Total	Male	Female	18-34	35-54	55+	<hs< th=""><th>HS</th><th>Post Sec</th><th>Univ Grad</th></hs<>	HS	Post Sec	Univ Grad
		А	В	С	D	E	F	G	Н	I
Base: All Answering (unwtd)	166	59	107	50	76	40	2	15	56	93
Base: All Answering (wtd)	137	62	75	40	66	30	4	19	43	70
	79	37	43	25	37	17	4	7	27	42
Top 2 Box (Net)	58%	59%	57%	61%	57%	57%	100%	38%	62%	59%
		*	*	*	*	*	**	**	*	*
	17	4	13	9	5	3	-	3	5	9
Strongly agree	13%	7%	18%	22%	8%	10%	-	18%	11%	13%
		*	*	D*	*	*	**	**	*	*
	62	32	29	16	32	14	4	4	22	33
Somewhat agree	45%	53%	39%	39%	48%	47%	100%	20%	50%	46%
		*	*	*	*	*	**	**	*	*
	57	25	32	16	29	13	-	12	17	29
Bottom 2 Box (Net)	42%	41%	43%	39%	43%	43%	-	62%	38%	41%
		*	*	*	*	*	**	**	*	*
	40	21	19	10	18	12	-	12	9	19
Somewhat disagree	29%	34%	25%	25%	27%	39%	-	62%	21%	27%
		*	*	*	*	*	**	**	*	*
	18	4	13	5	11	1	-	-	7	10
Strongly disagree	13%	7%	18%	13%	16%	5%	-		17%	14%
		*	*	*	*	*	**	**	*	*
	137	62	75	40	66	30	4	19	43	70
Sigma	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

To what extent do you agree or disagree with the following: - I have achieved a better work-life balance in 2021

		Ger	nder		AGE			EDUC	ATION	
	Total	Male	Female	18-34	35-54	55+	<hs< th=""><th>HS</th><th>Post Sec</th><th>Univ Grad</th></hs<>	HS	Post Sec	Univ Grad
		А	В	С	D	Е	F	G	Н	I
Base: All Answering (unwtd)	611	256	355	193	272	146	21	94	255	241
Base: All Answering (wtd)	587	302	285	188	269	130	60	142	209	177
	376	190	186	123	177	76	36	94	133	112
Top 2 Box (Net)	64%	63%	65%	65%	66%	59%	61%	67%	64%	63%
	88	33	56	44	29	15	13	24	35	17
Strongly agree	15%	11%	19%	23%	11%	12%	22%	17%	17%	9%
			Α	DE			**	*	1	
	288	158	131	79	148	61	23	71	99	95
Somewhat agree	49%	52%	46%	42%	55%	47%	39%	50%	47%	54%
					С		**	*		
	211	112	99	65	92	54	23	47	76	65
Bottom 2 Box (Net)	36%	37%	35%	35%	34%	41%	39%	33%	36%	37%
							**	*		
	148	78	70	43	64	40	17	34	48	49
Somewhat disagree	25%	26%	24%	23%	24%	31%	28%	24%	23%	28%
							**	*		
	63	34	29	22	28	14	6	13	28	15
Strongly disagree	11%	11%	10%	12%	10%	11%	11%	9%	13%	9%
							**	*		
	587	302	285	188	269	130	60	142	209	177
igma	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
						1				

To what extent do you agree or disagree with the following: - I would be fine earning 20% less money if it meant I could work 20% fewer hours than I do now

		Ger	nder		AGE			EDUC	ATION	
	Total	Male	Female	18-34	35-54	55+	<hs< th=""><th>HS</th><th>Post Sec</th><th>Univ Grad</th></hs<>	HS	Post Sec	Univ Grad
		Α	В	С	D	Е	F	G	Н	I
Base: All Answering (unwtd)	611	256	355	193	272	146	21	94	255	241
Base: All Answering (wtd)	587	302	285	188	269	130	60	142	209	177
	231	107	124	92	94	44	45	64	69	53
Top 2 Box (Net)	39%	35%	43%	49%	35%	34%	75%	45%	33%	30%
TOP 2 BOX (NEL)	39%	35%	43%	49% DE	35%	34%	/5% **	45% HI*	33%	30%
	65	26	39	31	19	14	16	25	16	8
Strongly agree	11%	8%	14%	17%	7%	11%	27%	18%	8%	5%
Strongly agree	1170	0,0	1470	D	770	11/0	**	HI*	0,0	370
	166	81	85	61	75	30	29	39	53	45
Somewhat agree	28%	27%	30%	32%	28%	23%	48%	28%	25%	25%
							**	*		
	357	195	161	96	175	86	15	78	140	124
Bottom 2 Box (Net)	61%	65%	57%	51%	65%	66%	25%	55%	67%	70%
					С	С	**	*	G	G
	206	111	95	50	109	47	7	44	81	74
Somewhat disagree	35%	37%	33%	27%	40%	36%	12%	31%	39%	42%
					С		**	*		
	151	85	66	45	66	39	7	34	60	50
Strongly disagree	26%	28%	23%	24%	25%	30%	13%	24%	28%	29%
	507	202	205	400	200	420	**	*	200	477
<b>.</b> .	587	302	285	188	269	130	60	142	209	177
Sigma	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

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

		Gei	nder		AGE			EDUC	CATION	
	Total	Male	Female	18-34	35-54	55+	<hs< th=""><th>HS</th><th>Post Sec</th><th>Univ Gra</th></hs<>	HS	Post Sec	Univ Gra
		А	В	С	D	Е	F	G	Н	ı
	68	32	37	19	34	15	2	10	21	36
expect to return to the office on a regular basis in 2022	50%	51%	49%	47%	52%	51%	46%	50%	50%	51%
		*	*	*	*	*	**	**	*	*
	60	35	25	20	27	13	4	8	18	30
want to return to the office on a regular basis in 2022	44%	57%	33%	49%	41%	42%	100%	41%	42%	43%
		B*	*	*	*	*	**	**	*	*
	67	22	45	38	19	10	3	18	29	17
arted a new job because I wanted to - it was my choice	72%	71%	72%	77%	69%	62%	60%	73%	75%	68%
		**		*	*	**	**	**	*	*
	120	55	65	37	57	26	4	15	39	62
have enjoyed working from home more often in 2021	88%	88%	87%	91%	87%	85%	100%	77%	90%	89%
		*	*	*	*	*	**	**	*	*
	79	37	43	25	37	17	4	7	27	42
miss being with my colleagues in person	58%	59%	57%	61%	57%	57%	100%	38%	62%	59%
		*	*	*	*	*	**	**	*	*
	376	190	186	123	177	76	36	94	133	112
have achieved a better work-life balance in 2021	64%	63%	65%	65%	66%	59%	61%	67%	64%	63%
							**	*		
would be fine earning 20% less money if it meant I could	231	107	124	92	94	44	45	64	69	53
work 20% fewer hours than I do now	39%	35%	43%	49%	35%	34%	75%	45%	33%	30%
	5570	3370	.570	DE	3370	3 770	**	HI*	3370	3070

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

		Gei	nder		AGE			EDU	CATION	
	Total	Male	Female	18-34	35-54	55+	<hs< th=""><th>HS</th><th>Post Sec</th><th>Univ Grad</th></hs<>	HS	Post Sec	Univ Grad
		А	В	С	D	E	F	G	Н	1
	68	30	38	21	32	15	2	10	22	35
I expect to return to the office on a regular basis in 2022	50%	49%	51%	53%	48%	49%	54%	50%	50%	49%
		*	*	*	*	*	**	**	*	*
	77	27	50	21	39	17	-	11	25	40
I want to return to the office on a regular basis in 2022	56%	43%	67%	51%	59%	58%	-	59%	58%	57%
		*	A*	*	*	*	**	**	*	*
	27	9	17	12	9	6	2	6	10	8
started a new job because I wanted to - it was my choice	28%	29%	28%	23%	31%	38%	40%	27%	25%	32%
		**		*	*	**	**	**	*	*
	17	7	10	4	9	4	-	5	4	8
I have enjoyed working from home more often in 2021	12%	12%	13%	9%	13%	15%	-	23%	10%	11%
		*	*	*	*	*	**	**	*	*
	57	25	32	16	29	13	-	12	17	29
I miss being with my colleagues in person	42%	41%	43%	39%	43%	43%	-	62%	38%	41%
		*	*	*	*	*	**	**	*	*
	211	112	99	65	92	54	23	47	76	65
I have achieved a better work-life balance in 2021	36%	37%	35%	35%	34%	41%	39%	33%	36%	37%
							**	*		
I would be fine earning 20% less money if it meant I could	357	195	161	96	175	86	15	78	140	124
work 20% fewer hours than I do now	61%	65%	57%	51%	65%	66%	25%	55%	67%	70%
					С	С	**	*	G	G