

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

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	Total	Gender		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
	A	B	C	D	E	F	G	H	I	
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
Lost my job	60	29	31	18	23	19	5	23	22	10
	6%	6%	6%	6%	7%	5%	3%	8%	7%	4%
Training/New Job (Net)	166	71	94	86	52	28	16	45	64	41
	17%	15%	18%	31%	15%	7%	11%	16%	19%	17%
Got a new job	110	40	70	60	32	18	7	31	45	27
	11%	8%	14%	21%	9%	5%	5%	11%	13%	11%
Started a second or third job	44	18	27	25	16	4	3	12	17	12
	4%	4%	5%	9%	5%	1%	2%	4%	5%	5%
Retrained for a new career or pursued further training for my current job	54	25	28	27	18	9	9	12	20	12
	5%	5%	6%	10%	5%	2%	6%	4%	6%	5%
Cut Spending (Net)	483	220	263	122	160	201	54	121	189	119
	48%	45%	51%	43%	46%	54%	37%	44%	56%	49%
Reduced non-essential spending on things like entertainment or travel	372	167	205	80	122	170	39	85	147	102
	37%	34%	40%	29%	35%	46%	27%	31%	44%	42%
Reduced spending on essentials like food or clothing in order to pay for other essential needs	227	94	132	59	71	97	29	54	100	44
	23%	19%	26%	21%	20%	26%	20%	19%	30%	18%
Sold off possessions to help pay the bills	111	47	64	39	41	31	6	42	44	19
	11%	10%	13%	14%	12%	8%	4%	15%	13%	8%
Worked from home for an extended period of time	150	68	82	46	69	36	4	20	53	73
	15%	14%	16%	16%	20%	10%	2%	7%	16%	30%
Returned to working at the office	74	38	36	22	36	16	4	21	21	28
	7%	8%	7%	8%	11%	4%	3%	8%	6%	11%
Started working remotely/from home	91	31	60	37	37	17	2	7	35	48
	9%	6%	12%	13%	11%	5%	1%	3%	10%	20%
Gained weight	287	99	188	86	112	88	40	83	97	66
	29%	20%	37%	31%	32%	24%	27%	30%	29%	27%
In Better Shape (Net)	333	160	172	88	113	132	36	67	135	95
	33%	33%	34%	31%	33%	35%	25%	24%	40%	39%
Lost weight	207	101	106	62	69	76	27	43	81	57
	21%	21%	21%	22%	20%	20%	18%	16%	24%	23%
Spent more time being physically active	205	104	101	49	65	91	19	41	82	63
	20%	21%	20%	17%	19%	24%	13%	15%	25%	26%
Started or ended a romantic relationship	91	34	56	42	38	10	14	28	29	19
	9%	7%	11%	15%	11%	3%	10%	10%	9%	8%
Mental Health, Addition And Alcohol (Net)	456	214	242	149	177	130	59	130	163	105
	46%	44%	47%	53%	51%	35%	40%	47%	48%	43%
Consumed more alcohol	136	74	62	39	51	46	8	52	48	28
	14%	15%	12%	14%	15%	12%	6%	19%	14%	11%
Consumed less alcohol	141	72	69	36	61	43	28	23	56	34
	14%	15%	14%	13%	18%	12%	19%	8%	17%	14%
Struggled with addiction	63	26	37	22	34	7	14	19	21	8
	6%	5%	7%	8%	10%	2%	10%	7%	6%	3%
Struggled with my mental health	269	93	176	112	95	63	33	74	100	63
	27%	19%	34%	40%	27%	17%	22%	27%	30%	26%
None of the above	136	68	67	22	38	76	20	42	42	32
	14%	14%	13%	8%	11%	20%	14%	15%	12%	13%
Sigma	2828	1229	1599	884	1027	917	310	715	1059	744
	282%	251%	313%	314%	297%	245%	212%	259%	316%	306%

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

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

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

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