



WORKPLACE WELLNESS

— RESULT SUMMARY

Improving productivity and wellness is top of mind for Americans, sparking millions to address issues related to their current workspace set-up.

- Uncertain times have taken a toll on an overwhelming majority of Americans. Nearly four in five (79%) Americans admit their lives changed in at least one way over the past 12 months. Among them, nearly half report that they're more stressed and anxious (48%), their sleeping habits have gotten worse (47%), and that they are finding it challenging to be physically active (46%). About two in five are feeling lonely and isolated (40%) and are lacking motivation (39%).

Women are more likely than men to feel like their life has changed over the past 12 months (83% vs. 76%). Among them, women are more likely than men to:

- Find it difficult to be physically active (49% vs. 43%)
- Feel a sense of loneliness and isolation (44% vs. 36%)
- Lack motivation (43% vs. 35%)

Gen Z is more likely than their older counterparts to feel like life has changed across the past year (92% vs. 86% Millennials, 76% Gen X, and 73% Boomers). However, among this group, Boomers are more likely than their younger counterparts to:

- Feel a sense of loneliness and isolation (52% Boomers vs. 43% Gen Z, 33% Millennials, 33% Gen X)
- Lack motivation (51% Boomers vs. 40% Gen Z, 30% Millennials, 37% Gen X)



- Many whose lives have been impacted find it a struggle to remain with their head above water. Among those Americans whose lives have changed in the past 12 months, close to one in four (24%) – or nearly 47 million* – are feeling burnt out from the increased use of technology across the past year. What’s more is that nearly 41 million Americans confess that some parts of their life are suffering because they are juggling more than ever (21%) or that they don’t have a healthy balance between their work life and personal life (21%).

Gen Z who feel like their life has changed is more likely than their older counterparts to feel:

- They don’t have a healthy balance between work and personal life (40% Gen Z vs. 25% Millennials, 19% Gen X, 12% Boomers)
- Burnt out from the increased use of technology (39% Gen Z vs. 33% Millennials, 19% Gen X, 11% Boomers)
- Parts of their life are struggling because they are juggling more than ever (35% Gen Z vs. 21% Millennials, 25% Gen X, 12% Boomers)

Parents are more likely than Americans without children to feel like life has changed in the past 12 months (88% vs. 75%). Among them, they are significantly more likely than non-parents to:

- Feel burnt out from technology (32% vs. 18%)
- Not have a healthy balance between work and personal life (27% vs. 17%)
- Feel parts of their life are struggling because they are juggling more than ever (25% vs. 18%)

Employed Americans are more likely than those who are not working to feel like their life has changed across the past year (82% vs. 76%). Among them, three in ten (30%) - or nearly 40 million employed Americans** - don’t have a healthy balance between their work and personal lives. They are also more likely than their non-working counterparts who have also experienced change to:

- Feel burnt out from the increased use of technology (32% vs. 13%)
- Feel that some parts of their life are suffering because they have too much on their plates (26% vs. 15%).



- The past year has also wreaked havoc on the work lives of millions of employed Americans. Three in four (75%) – or nearly 100 million - employed Americans report that their work experience has been impacted in at least one way over the past year. The most common impact among these individuals is that they feel disconnected from their colleagues due to social distancing or remote working (41%).

Employed Americans who are parents are significantly more likely than their counterparts without children to feel that their work experience has been impacted across the last 12 months (84% vs. 64%).

- Many of them admit that issues surrounding their workspace have been at the center of the changes they've experienced. Among those who say their work experience has been impacted in at least one way, 35 percent report that they miss what their workspace used to look like. Others are feeling the fatigue of using other parts of their home as a workspace (29%) or have trouble finding quiet spaces from which to work (22%).

Among those who have experienced changes in their work life, those with kids are more likely than those without to miss what their workspace used to look like (44% vs. 23%) and to feel tired of using other rooms in their home as their makeshift workspace (34% vs. 21%)

- These issues have resulted in millions of Americans experiencing productivity pitfalls. In fact, close to one in three (32%) – or roughly 32 million - of those who have experienced changes in their work life feel like they are not being as productive as they need to be. Others confess they are easily distracted (29%) and don't feel like they are able to apply themselves fully and do their best work (28%).



- It's no wonder that a majority of employed Americans are fed up with their current work set-up. Two in three (67%) – or about 89 million - employed Americans admit they are frustrated with at least one aspect of their current workspace. While one in three (33%) would say these frustrations are because they find it difficult to collaborate with their colleagues given remote work or adhering to social distancing measures when together, nearly the same number (34%) feel it's simply not the usual workspace to which they are accustomed. **Q3**

Younger generations are significantly more likely than their older counterparts to be frustrated with their current workspace (83% Gen Z/Millennials vs. 47% Gen X/Boomers).

Employed Americans with children are significantly more likely than their counterparts who aren't parents to be fed-up with at least one aspect of their current workspace (81% vs. 50%).

- Many find fault in the comfort and privacy of their workspace. Among those who are frustrated about something with their current workspace, nearly three in ten – or roughly 25 million – employed Americans are not physically comfortable in their workspace (29%) or find it challenging to stay focused due to a lack of privacy (28%).
- Still others recognize that their workspace needs a serious upgrade to improve productivity. Close to one in four (22%) of those who are frustrated with their current space are currently using outdated furnishings or equipment that are impacting their productivity. This may be why three in 10 (30%) believe their workspace needs to be upgraded with furniture that will improve their overall wellness and/or productivity.

Across the board, younger generations (Gen Z/Millennials) who are frustrated with their workspace are more likely than older generations (Gen X/Boomers) to report:

- It's not the usual workspace they are used to (29% vs. 14%)
- They find it difficult to collaborate with colleagues (29% vs. 14%)
- Their workspace needs to be upgraded with furniture that will improve their overall wellness and/or productivity (27% vs. 11%)
- They are not physically comfortable in their workspace (23% vs. 13%)
- They find it challenging to stay focused due to a lack of privacy (23% vs. 13%)



METHODOLOGY





About the Survey:

o This survey was fielded among 1,003 nationally representative Americans aged 18+ in the United States. The survey was conducted online during the period of March 19-26, 2021 and has a margin error of +/- 3.1%.

o Methodology: Results of any sample are subject to sample variation. The magnitude of the variation is measurable and affected by the number of interviews and the level of percentages expressing the results.

In this particular study, the chances are 95 in 100 that a survey result does not vary, plus or minus, by more than 3.1 percent, from the result that would be obtained if interviews had been conducted with all personas in the universe represented by the sample. The margin of error for any subgroups will be slightly higher.

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