

COVID-19: Singapore Employees' Sentiment on Mental Health & Well-Being



The pandemic has changed the way most of us work daily, but has also impacted our mental well-being. We find out if professionals in Singapore are coping well.

4 out of 5

say that their **professional stress levels have increased** since the onset of COVID-19



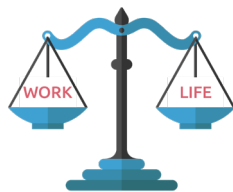
69%

feel pressured to be **'always on'** while working from home

Out of those feeling pressured, **7 in 10** say the pressure is **self-inflicted** rather than coming from their company

60%

have adjusted their **work hours** since WFH



68%

found the adjustment in hours **beneficial** to their **work life balance**



Out of 100,



40%

have **mental & emotional support** from their company

Some company initiatives shared by employees:

- Employee Assistance Programs
- Daily health tracking and check-ins
- Distribution of wellness packs
- Free subscriptions to mental health, entertainment or learning/educational apps
- Multiple interest groups created across regions to engage those with similar hobbies
- Reimbursement for internet plans and WFH equipment expenses
- Webinars on various topics such as managing finances, stress, keeping fit and eating healthy



Virtual interactions aren't quite making up for face-to-face interactions:

51% feel a little isolated from their colleagues

17% feel very isolated



Survey methodology: A total of 1298 respondents employed across various industries in Singapore were surveyed between 31 March – 10 April 2020.