

HAS HYBRID WORKING MADE YOU FEEL HEALTHIER?

82% SAID YES

I COULD FIT MORE EXERCISE IN BECAUSE I WASN'T COMMUTING 3 HOURS EACH DAY!



I STOPPED SNACKING ON ALL THE GOODIES PEOPLE BOUGHT INTO THE OFFICE AND JUST KEPT HEALTHY SNACKS IN MY FRIDGE!

I'VE GOT A DEDICATED OFFICE SPACE SO I CAN 'GO TO WORK' AND THEN SHUT THE DOOR AT THE END OF THE DAY



IT GIVES ME THE CHANCE TO PREPARE A PROPER MEAL AT LUNCHTIME RATHER THAN SNATCHING AL DESKO LUNCHES OR SKIPPING LUNCH!

I USED TO GET REALLY ANXIOUS WHEN COMMUTING SO IT'S REALLY HELPED WITH MY MENTAL HEALTH

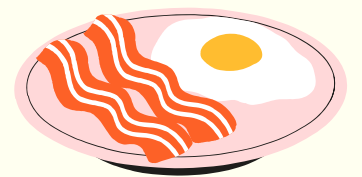
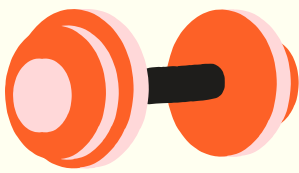
I GET TO HAVE LUNCH WITH MY WIFE!

I GET MORE TIME WITH MY FAMILY AT BOTH ENDS OF THE DAY SO THERE'S LESS STRESS AND TIREDNESS AND MORE CALMNESS IN A BUSY HOUSEHOLD

THE FREEDOM TO CHOOSE WHERE TO WORK, AND TO SOME EXTENT, WHEN TO WORK IS HUGEY EMPOWERING

I CAN STAY MORE ON TOP OF 'HOUSE JOBS' THROUGH THE WEEK MEANING I HAVE MORE SPACE AT THE WEEKENDS TO DO THINGS

12% THOUGHT NOT



I DON'T HAVE MORE MONEY AS THE COSTS OF TRAINS, WATER, ENERGY BILLS, COUNCIL TAX HAVE GONE UP SINCE LAST YEAR



IT CAN FEEL LONELY ON MY WFH DAYS AND I DON'T HAVE A DEDICATED WORK SPACE IN MY HOUSE SHARE

I QUITE OFTEN DON'T LEAVE THE HOUSE ON WFH DAYS

6% WERE UNSURE

