

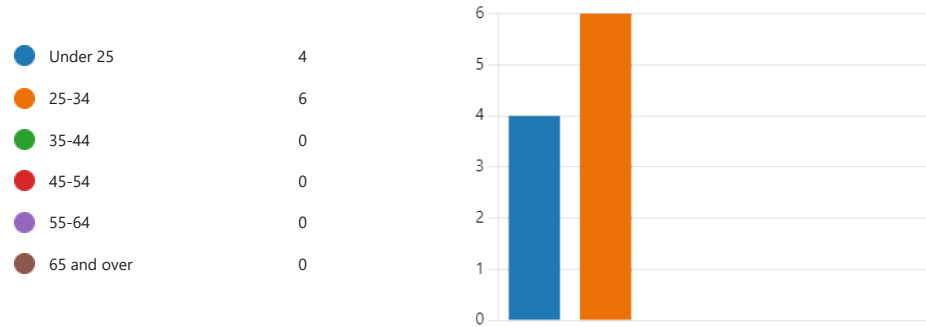
Survey on Health & Wellness and Working from Home

10 Responses

04:02 Average time to complete

Active Status

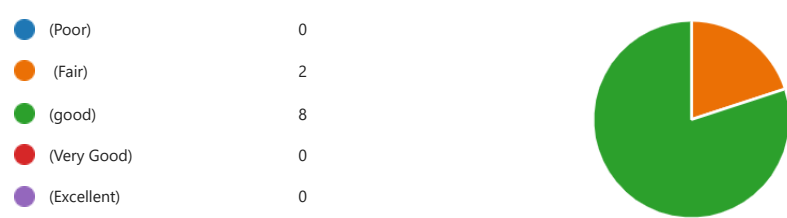
1. Age



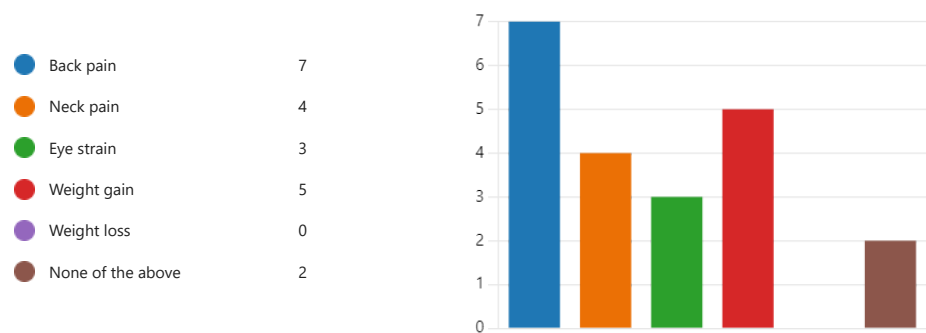
2. Average Hours Worked from Home per Day:



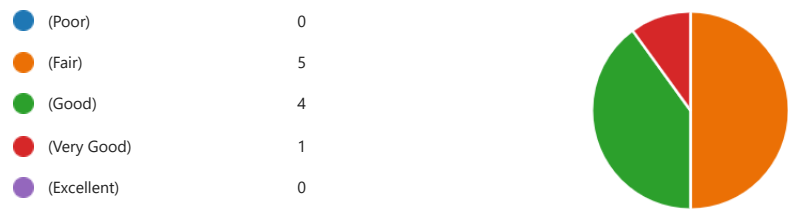
3. Overall Physical Health Rating Since Working from Home:



4. Physical Health Issues Experienced Since Working from Home (Select all that apply):



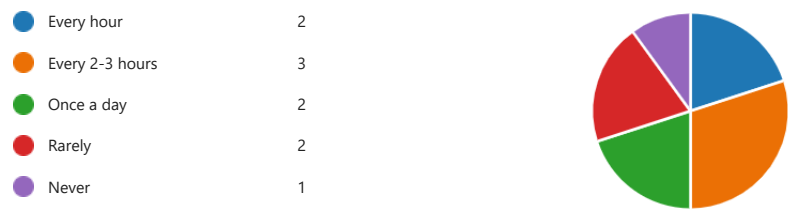
5. Overall Mental Health Rating Since Working from Home:



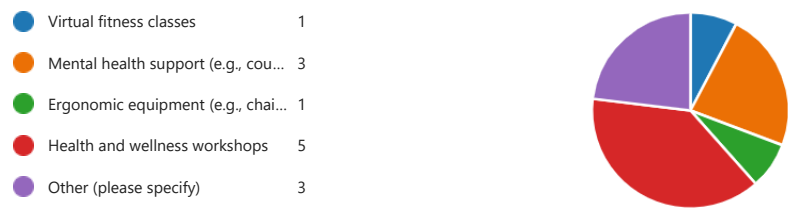
6. Mental Health Issues Experienced Since Working from Home (Select all that apply):



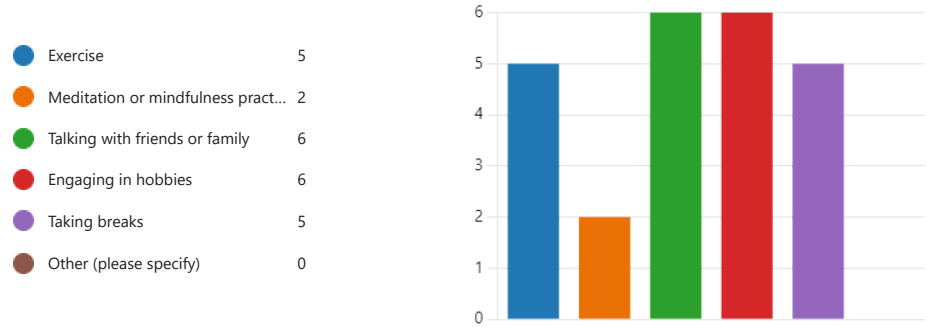
7. Frequency of Taking Breaks During the Workday:



8. Type of Resources Provided by Employer (Select all that apply):



9. Methods for Managing Stress While Working from Home (Select all that apply):



10. Setting Boundaries to Separate Work and Personal Life:

Yes, and I find it effective	7
Yes, but I struggle to maintain t...	2
No, I do not set boundaries	1
No, I do not find it necessary	0



11. What support or resources would you most like to see your employer provide to improve health and wellness while working from home? (Select one)

More ergonomic equipment (e....	1
Regular virtual fitness and welln...	1
Access to mental health resourc...	2
Flexible working hours	3
Regular health and wellness wor...	1
Increased opportunities for soci...	2
Other (please specify)	0

