**Survey on Health & Wellness and Working from Home**

**Section 1: Demographics**

1. **Age:**
   * Under 25
   * 25-34
   * 35-44
   * 45-54
   * 55-64
   * 65 and over
2. **Gender:**
   * Male
   * Female
   * Non-binary/Third gender
   * Prefer not to say
3. **Current Job Role:**
   * Entry-level
   * Mid-level
   * Senior-level
   * Executive
   * Other (please specify)

**Section 2: Work Environment**

1. **Duration of Working from Home:**
   * Less than 6 months
   * 6 months to 1 year
   * 1-2 years
   * More than 2 years
2. **Average Hours Worked from Home per Day:**
   * Less than 4 hours
   * 4-6 hours
   * 6-8 hours
   * More than 8 hours
3. **Dedicated Workspace at Home:**
   * Yes
   * No

**Section 3: Physical Health**

1. **Overall Physical Health Rating Since Working from Home:**
   * 1 (Poor)
   * 2 (Fair)
   * 3 (Good)
   * 4 (Very Good)
   * 5 (Excellent)
2. **Physical Health Issues Experienced Since Working from Home (Select all that apply):**
   * Back pain
   * Neck pain
   * Eye strain
   * Weight gain
   * Weight loss
   * None of the above

**Section 4: Mental Health**

1. **Overall Mental Health Rating Since Working from Home:**
   * 1 (Poor)
   * 2 (Fair)
   * 3 (Good)
   * 4 (Very Good)
   * 5 (Excellent)
2. **Mental Health Issues Experienced Since Working from Home (Select all that apply):**
   * Increased stress
   * Anxiety
   * Depression
   * Difficulty sleeping
   * None of the above

**Section 5: Work-Life Balance**

1. **Frequency of Taking Breaks During the Workday:**
   * Every hour
   * Every 2-3 hours
   * Once a day
   * Rarely
   * Never
2. **Frequency of Working Beyond Regular Work Hours:**
   * Daily
   * Several times a week
   * Once a week
   * Rarely
   * Never
3. **Ability to Maintain Work-Life Balance While Working from Home:**
   * 1 (Very Poor)
   * 2 (Poor)
   * 3 (Average)
   * 4 (Good)
   * 5 (Very Good)

**Section 6: Company Support**

1. **Employer-Provided Resources for Health and Wellness:**
   * Yes
   * No
   * Not sure
2. **Type of Resources Provided by Employer (Select all that apply):**
   * Virtual fitness classes
   * Mental health support (e.g., counseling, meditation apps)
   * Ergonomic equipment (e.g., chairs, desks)
   * Health and wellness workshops
   * Other (please specify)
3. **Satisfaction with Employer-Provided Health and Wellness Resources:**
   * Very satisfied
   * Satisfied
   * Neutral
   * Dissatisfied
   * Very dissatisfied

**Section 7: Personal Practices**

1. **Methods for Managing Stress While Working from Home (Select all that apply):**
   * Exercise
   * Meditation or mindfulness practices
   * Talking with friends or family
   * Engaging in hobbies
   * Taking breaks
   * Other (please specify)
2. **Setting Boundaries to Separate Work and Personal Life:**
   * Yes, and I find it effective
   * Yes, but I struggle to maintain them
   * No, I do not set boundaries
   * No, I do not find it necessary
3. **Changes Made to Maintain Health and Wellness While Working from Home (Select all that apply):**
   * Established a regular exercise routine
   * Improved diet
   * Set specific work hours
   * Took regular breaks
   * Created a comfortable workspace
   * Other (please specify)
4. **Which of the following 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.g., adjustable chairs, standing desks)
* Regular virtual fitness and wellness classes
* Access to mental health resources (e.g., counseling services, mental health apps)
* Flexible working hours
* Regular health and wellness workshops or webinars
* Increased opportunities for social interaction with colleagues (e.g., virtual team-building activities)
* Other (please specify)