



"The Impact of Remote Work on Employees' Mental Well-being."

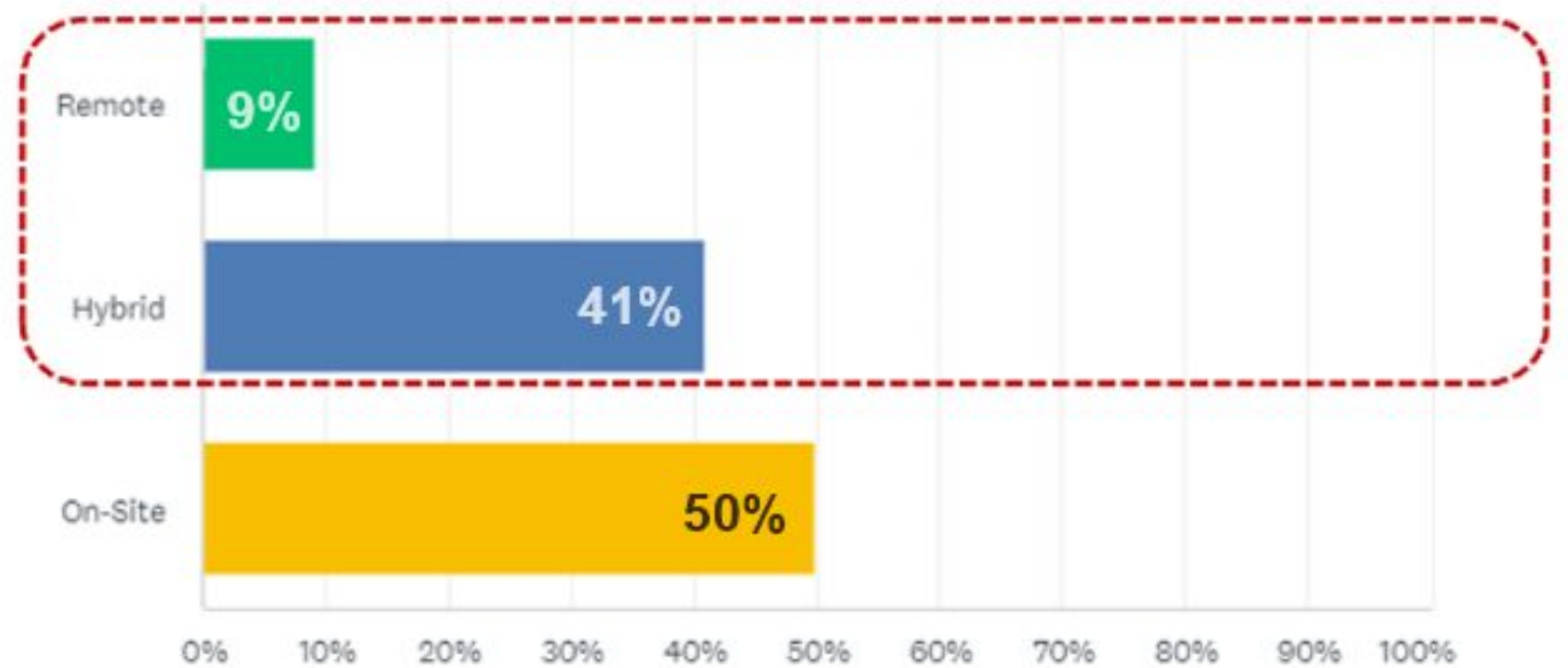
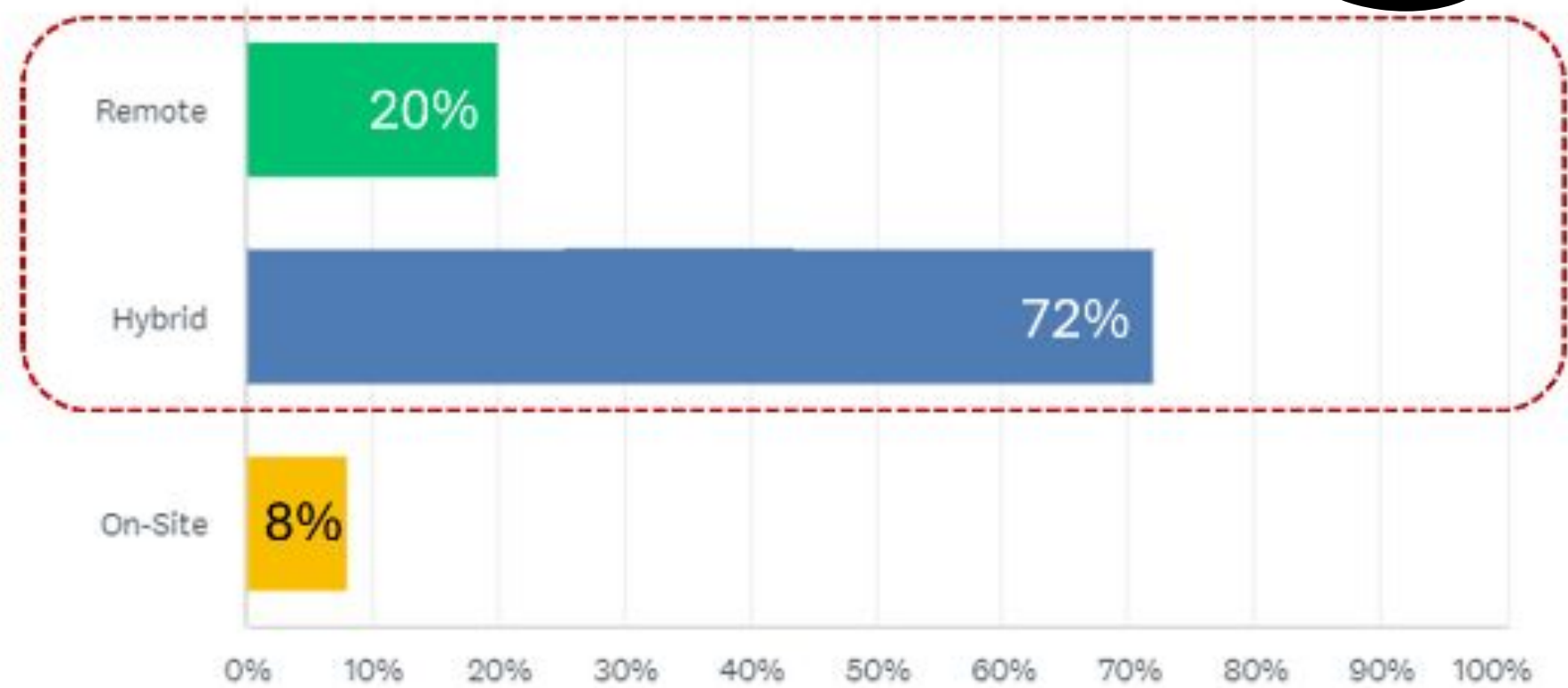
# Mind Over Monitor:

Mental Well-being in the Age of  
Remote Work

# Survey Results

## Preferred vs. Actual Work Modes

92% 90% 50%





Expectations	Employee	Employer
Work-Life Balance	Better life balance	Productivity/Innovation
Flexibility	Freedom in work location and hours	Cost-efficiency (e.g. office space)
Social Interaction	Need for social engagement	Culture sustainability
Productivity	Personal efficiency in preferred setting	Boosting employee and performance
Development & Retention	Career growth and job satisfaction	Talent retention and development



# Work-Life Balance: A Regional Overview

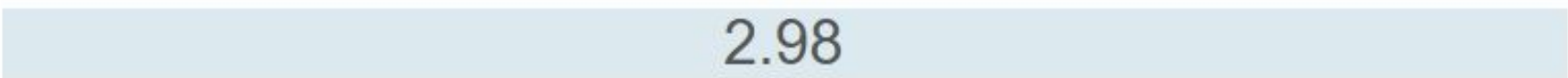
Avg\_WorkLifeBalance\_AcrossRegion



Avg\_SocialIsolation\_AcrossRegion



Average Work-Life Balance(Scale 1-5)



Avg WorkLifeBalance  
2.94186 3.04101

Avg. Social Isolation Rating  
2.9369 3.0657

% of Total Count of Mental Hea..  
21.472% 27.503%

Portion\_WorkLocation

Region	HybridPorti..	OnsitePorti..	RemotePor..
Africa	33.72%	30.93%	35.35%
Asia	32.33%	31.97%	35.71%
Europe	33.45%	32.86%	33.69%
North America	33.59%	32.43%	33.98%
Oceania	32.76%	33.79%	33.45%
South America	32.04%	34.46%	33.49%

Mental Health Condition by Region

		Region					
Mental Healt..		Africa	Asia	Europe	North America	Oceania	South America
Anxiety		25.233%	27.503%	25.238%	25.225%	25.260%	24.909%
Burnout		25.233%	27.262%	26.310%	26.126%	25.144%	23.579%
Depression		24.651%	23.764%	24.524%	24.324%	24.798%	27.449%
None		24.884%	21.472%	23.929%	24.324%	24.798%	24.063%

# Mental Wellbeing Insights

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Physical Activity trends

Sleep Quality Trends

Remote work Satisfaction?

Productivity changes?

>

## Physical Activity Trends by Work Mode and Industry

### AGGREGATE INDUSTRY WELL-BEINGS OVERVIEW



#### Work Location

- ☒ (All)
- ☒ Hybrid
- ☒ Onsite
- ☒ Remote

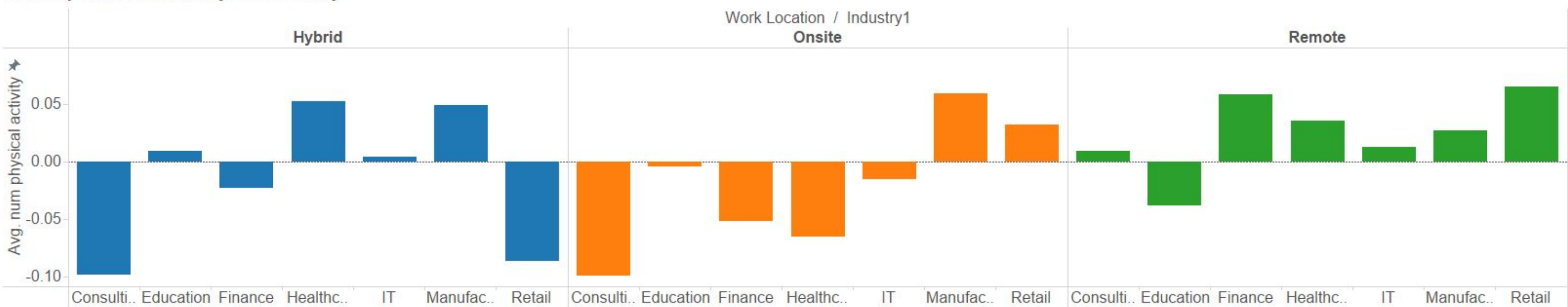
#### Work Location

- Hybrid
- Onsite
- Remote

#### Industry group

- ☒ (All)
- ☒ Consulting
- ☒ Healthcare
- ☒ Manufacturing
- ☒ Other Industries
- ☒ Retail

### Industry Breakdown: Physical Activity





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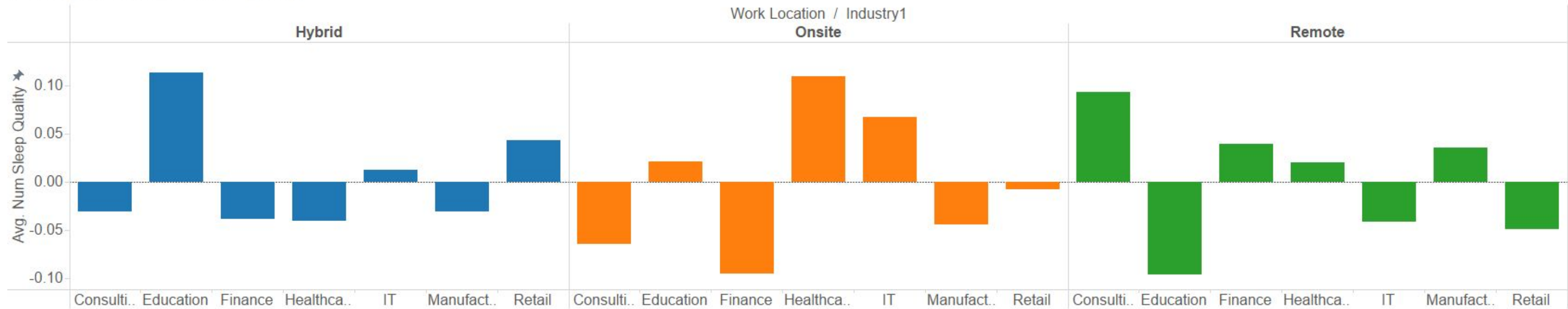
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## Sleep Quality Trend by Work Mode and Industry

### AGGREGATE INDUSTRY WELL-BEINGS OVERVIEW



### Industry Breakdown: Sleep Quality



#### Work Location

- ☒ (All)
- ☒ Hybrid
- ☒ Onsite
- ☒ Remote

#### Work Location

- Hybrid
- Onsite
- Remote

#### Industry group

- ☒ (All)
- ☒ Consulting
- ☒ Healthcare
- ☒ Manufacturing
- ☒ Other Industr...
- ☒ Retail

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## Satisfaction with Remote work by Work Mode and Industry

### AGGREGATE INDUSTRY WELL-BEINGS OVERVIEW



#### Work Location

- ☒ (All)
- ☒ Hybrid
- ☒ Onsite
- ☒ Remote

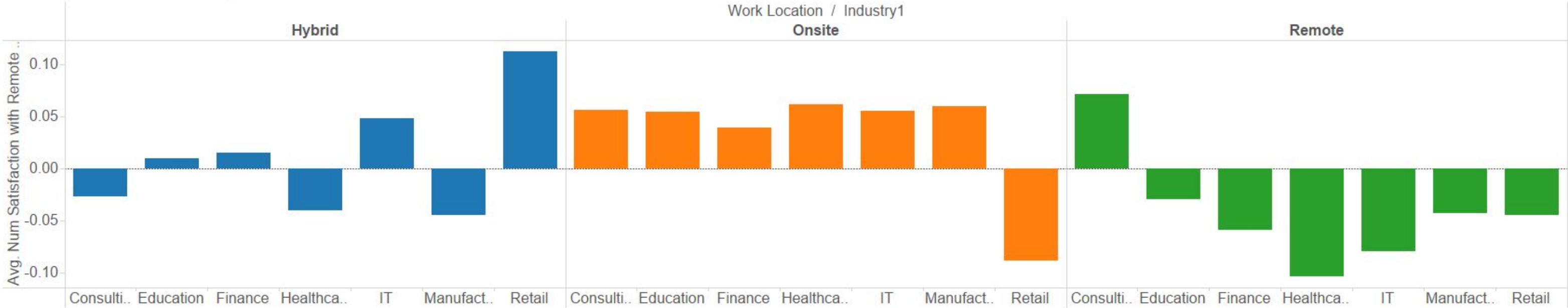
#### Work Location

- Hybrid
- Onsite
- Remote

#### Industry group

- ☒ (All)
- ☒ Consulting
- ☒ Healthcare
- ☒ Manufacturing
- ☒ Other Industr...
- ☒ Retail

### Industry Breakdown: Satisfaction with Remote



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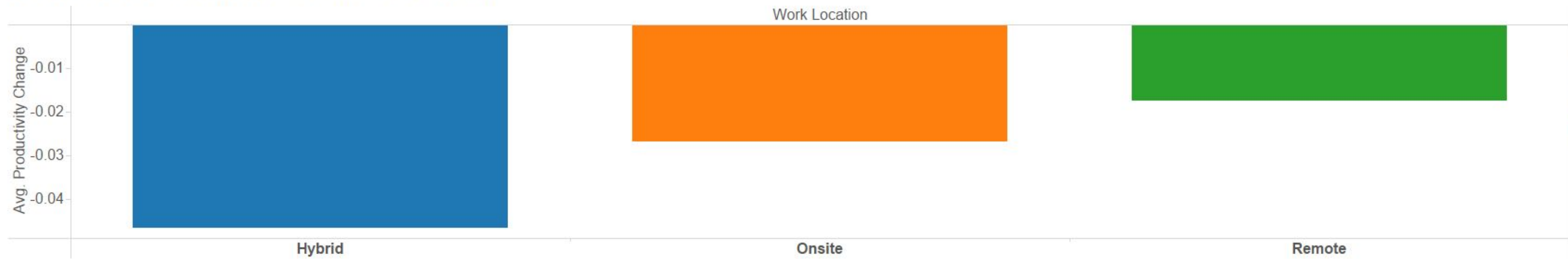
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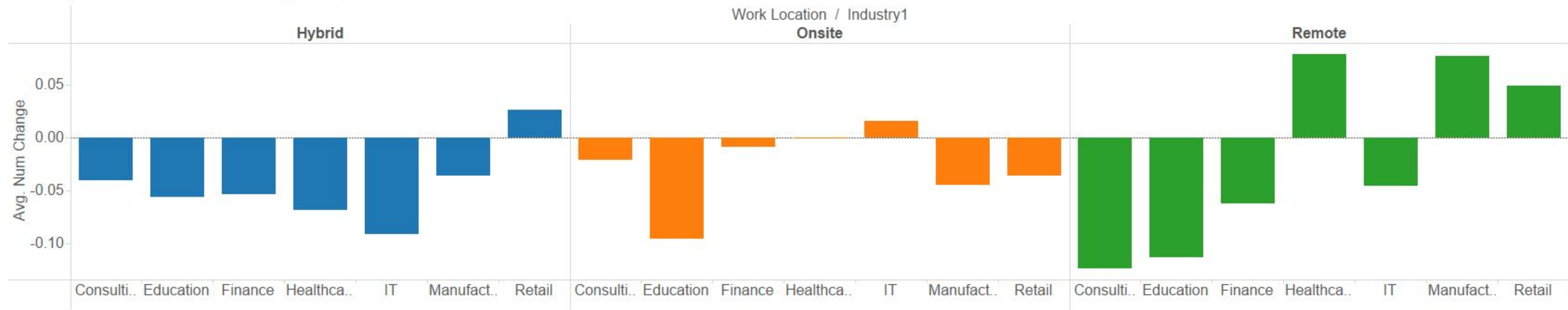
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## Productivity Changes by Work Mode and Industry

### AGGREGATE INDUSTRY WELL-BEINGS OVERVIEW



### Industry Breakdown: Productivity Change



#### Work Location

- ☒ (All)
- ☒ Hybrid
- ☒ Onsite
- ☒ Remote

#### Work Location

- Hybrid
- Onsite
- Remote

#### Industry group

- ☒ (All)
- ☒ Consulting
- ☒ Healthcare
- ☒ Manufacturing
- ☒ Other Industr...
- ☒ Retail



arrangements perspective satisfaction pros  
perspective survey cons  
hybrid mental health  
results respondents'  
work fits wellness  
bias  
alternatives life role industry sentiments  
employee one  
remote retention talent



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# THANK YOU!