

STRESS AWARENESS MONTH APRIL 2021 - REGAIN CONNECTION, CERTAINTY AND CONTROL

The Stress Management Society and Huawei AppGallery collaborated to gain a greater understanding of the true impact of COVID-19 on the British Public. The survey of 2,000 nationally representative British adults was carried out by OnePoll in January 2021.

Since the COVID-19 restrictions started in March:

53%

felt more anxious than usual

65%

felt more stressed than usual

43%

felt more depressed than usual

THE CAUSES?

57%

missed family and friends



46%

were concerned about when things would get back to normal



37%

felt anxious about the changing rules surrounding lockdown



34%

feared the future post Covid



30%

had money worries



Visit www.stress.org.uk/stressawarenessmonth for FREE resources and content for Stress Awareness Month 2021