

Breathe

Live your inner calm

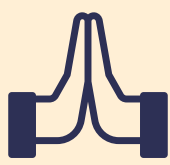
COVID-19

Independent research

The following research explores individual perceptions of mental health impacts and personal resilience related to life under government imposed lockdowns and other measures during the current COVID-19 pandemic.

The respondent sample should not be considered representative nor the outcomes statistically significant. The project was essentially undertaken as a "passion project" but will likely inform future service provision in the areas of stress management and resilience.

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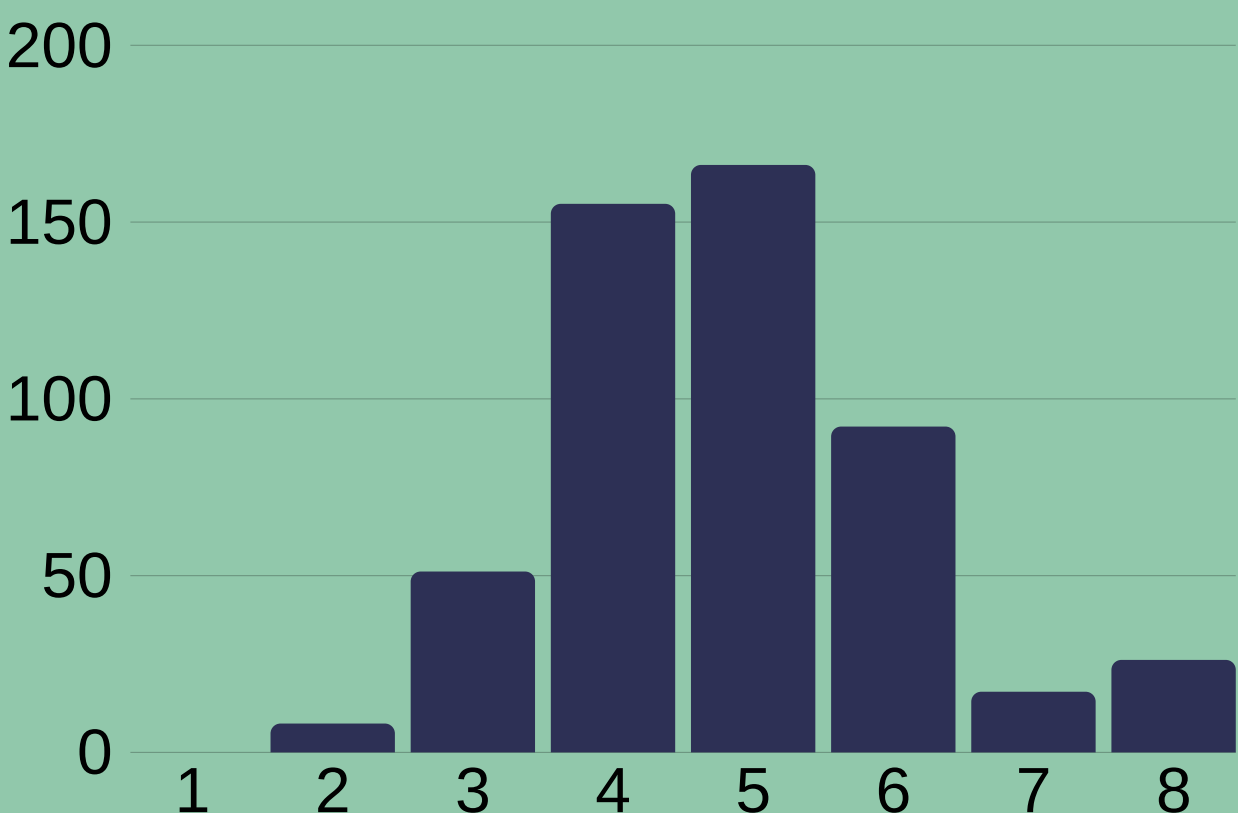
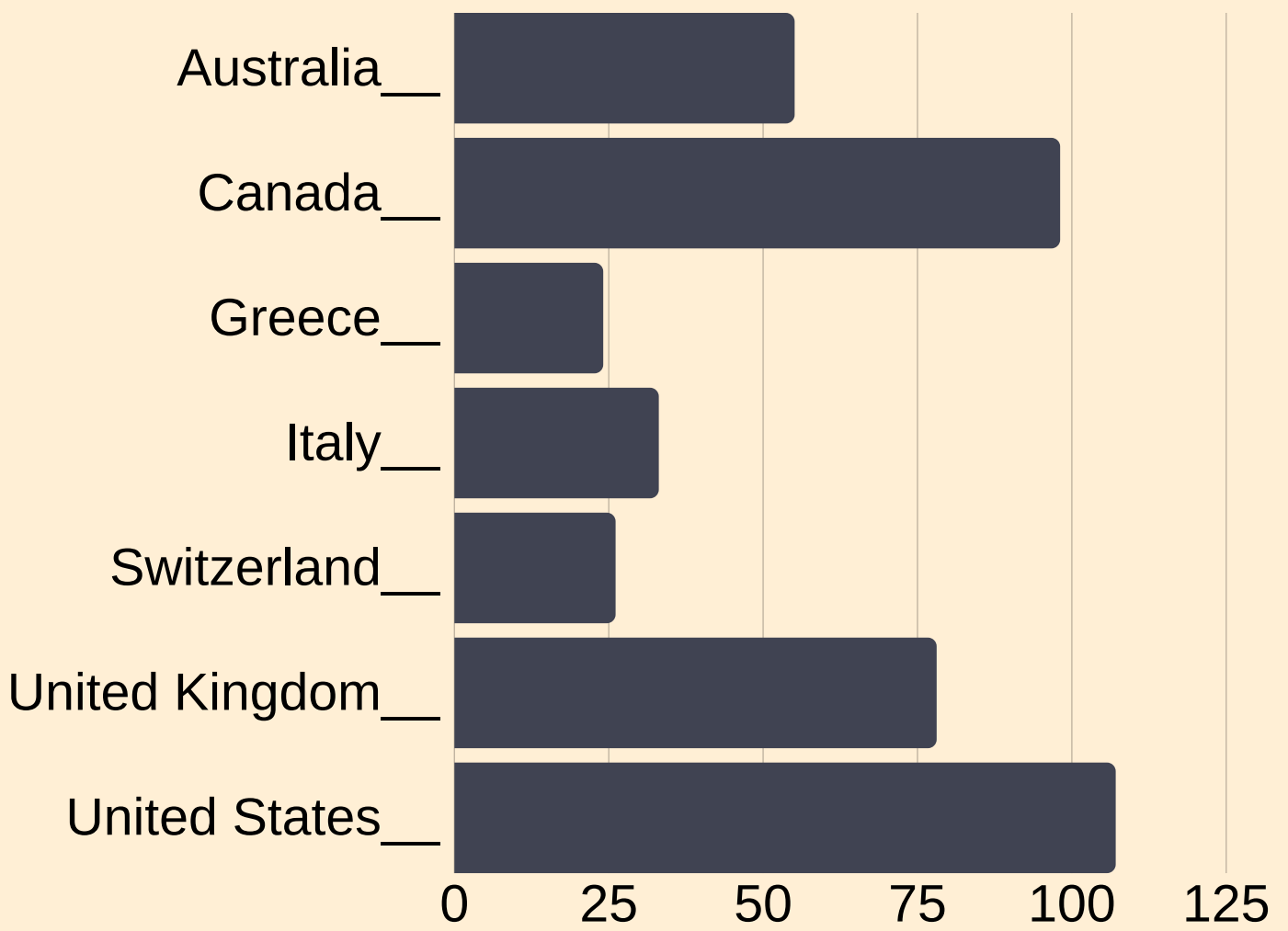


BREATHE.
LIVE YOUR
INNER CALM

SURVEY CONTEXT



Top 7 responding countries



Number of weeks in lockdown and/or following government measures



**BREATHE.
LIVE YOUR
INNER CALM**

SURVEY CONTEXT



41%

LIVE IN AN URBAN CENTRE (CITY)



45%

**LIVE IN A SUBURB OR COUNTRY
TOWN**



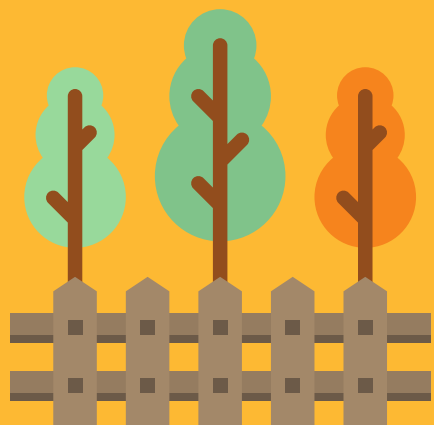
53%

LIVE IN A HOUSE



28%

**LIVE IN AN APARTMENT, TRAILER OR
OTHER SMALLER DWELLING**



73%

**I HAVE ACCESS TO A BACKYARD OR
PATIO/BALCONY**



7%

**I HAVE NO ACCESS TO A
BACKYARD OR PATIO/BALCONY**

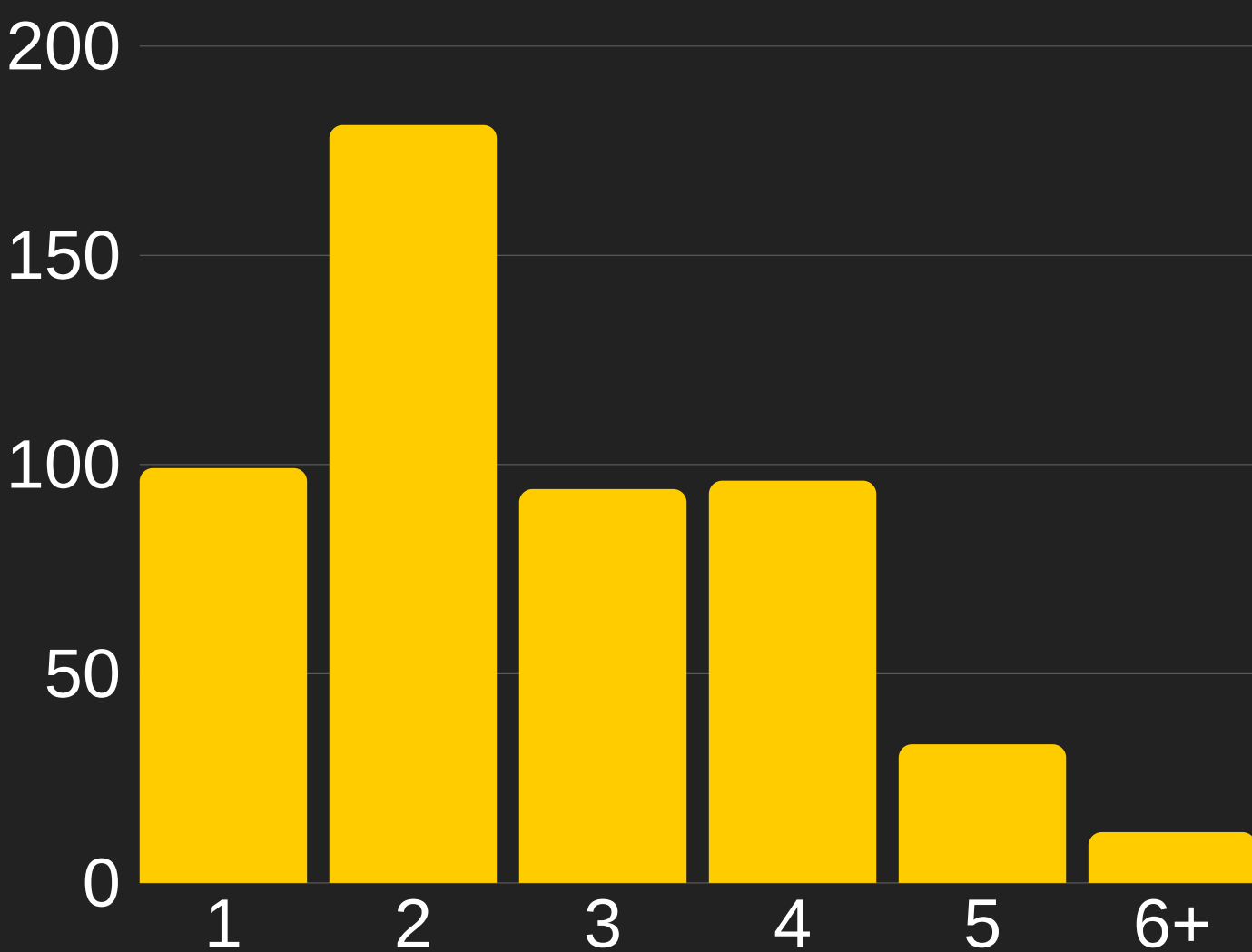
**NOTE: NOT ALL RESPONDENTS SELECTED AN
OPTION IN EACH CATEGORY**



BREATHE.
LIVE YOUR
INNER CALM

SURVEY CONTEXT

PEOPLE IN HOUSEHOLD



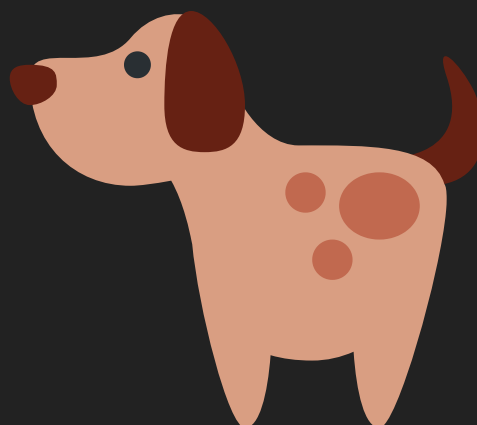
THOSE WHO ARE HOME SCHOOLING



30%

THOSE WHO ARE LIVING WITH PETS

47%



CURRENT SITUATION ASSESSMENT

1% I AM CURRENTLY SICK (OR SUSPECTED TO BE SICK) WITH COVID-19

2% I HAVE RECOVERED ALREADY FROM COVID-19

33% I KNOW SOMEONE WHO IS SICK OR HAS RECOVERED FROM COVID-19

3% I HAVE ALREADY LOST SOMEONE TO COVID-19

26% I KNOW SOMEONE WHO HAS LOST SOMEONE TO COVID-19

14% I HAVE LOST MY JOB OR BUSINESS AS A RESULT OF COVID-19

9% I HAVE BEEN FORCED TO TAKE A LEAVE OF ABSENCE AS A RESULT OF COVID-19

28% MY WORK HOURS HAVE DECREASED AS A RESULT OF COVID-19

14% MY WORK HOURS HAVE INCREASED AS A RESULT OF COVID-19

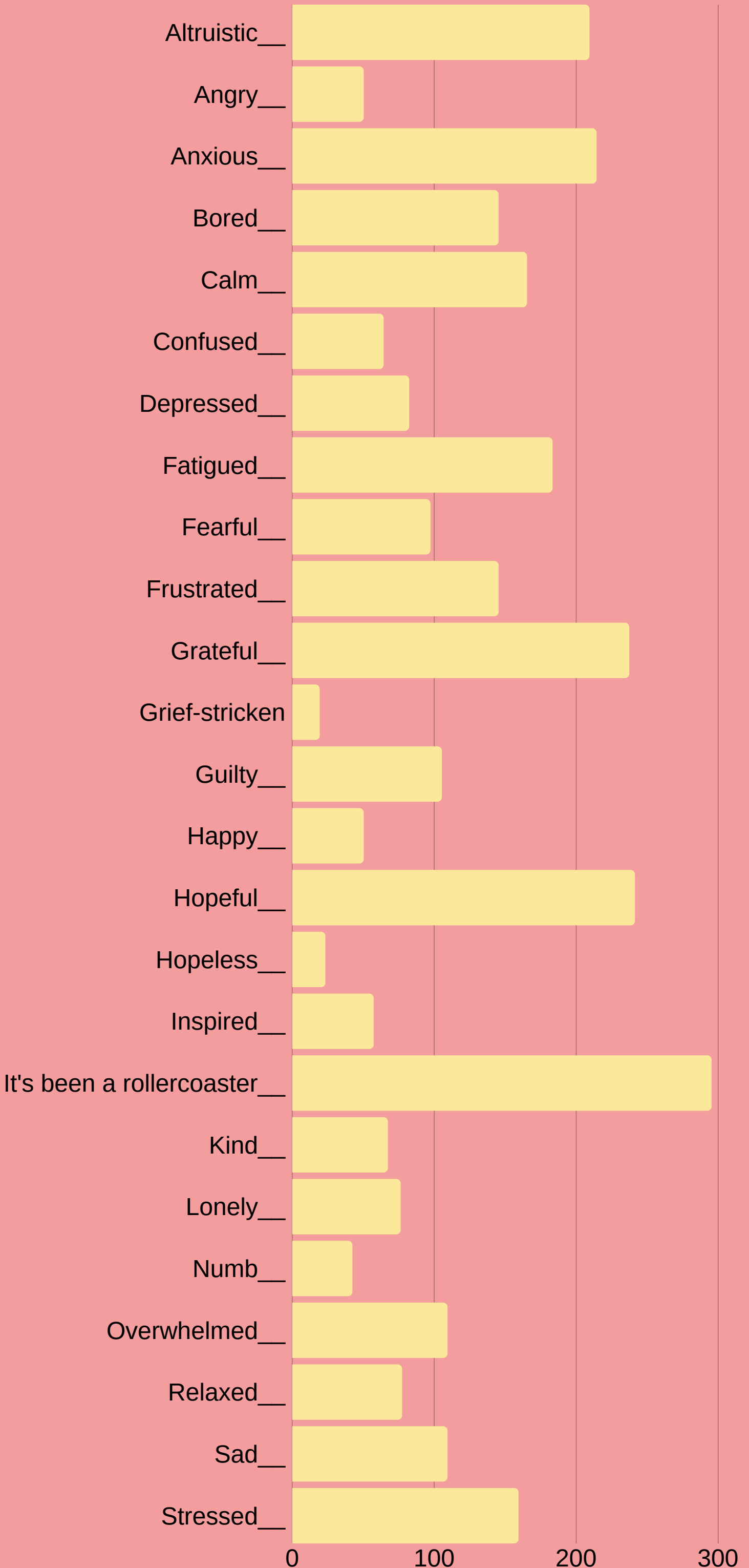
9% I HAVE REPURPOSED MY BUSINESS OR REINVENTED MYSELF AS A RESULT OF COVID-19

31% I CONSIDER THERE HAVE BEEN SOME DETRIMENTAL CHANGES TO MY MENTAL HEALTH (AT LEAST IN THE SHORT TERM)

19% I HAVE NOT BEEN IMPACTED BY COVID-19*



CURRENT ASSESSMENT OF FEELINGS



TOP 5 THINGS MAKING US FEEL WORSE RIGHT NOW

VERSUS

TOP 5 THINGS MAKING US FEEL BETTER RIGHT NOW

LOCKDOWN OBSERVATIONS



60%

Watching the news



36%

Government response



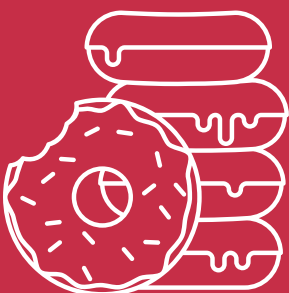
33%

Social Media



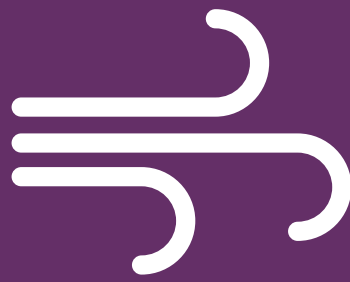
31%

Comparisons with others
(productivity, other)



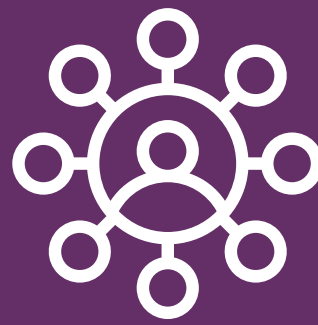
28%

Eating (indulging)



78%

Fresh air/being outdoors



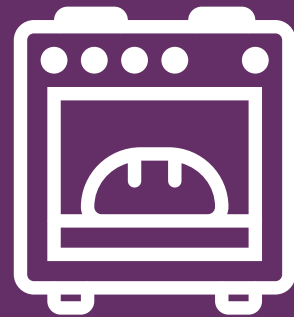
75%

Connecting with
friends/family



62%

Exercise



53%

Cooking/baking



53%

Eating (well)

Note: Respondents were able to select ALL options considered to make them feel worse (left) or better (right)

LESSONS LEARNED

TOP 5 KEY THEMES

GRATITUDE

Overwhelmingly, the majority of respondents felt more thankful for the simple things in life, vowed to not take things for granted as they had been, to recalibrate their priorities and live more in the present moment.



PERSONAL RESILIENCE

Many respondents seemed surprised at how little they need to survive, how relatively easy it has been to adapt their lifestyle and mindsets, how patient they can be when needed and how being able to cultivate a level of self-sufficiency is critical.



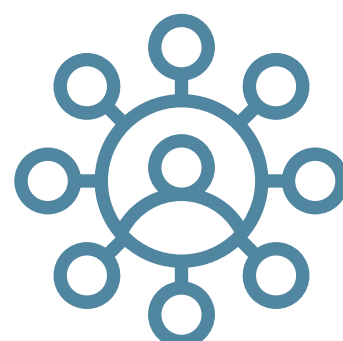
CHANGE IS NECESSARY

There was strong recognition among respondents of the need to slow down, reflect on our lifestyle choices, and to consider what attitudes and behaviours require change in order to safeguard a more sustainable future for all.



CONNECTION AND INTERCONNECTEDNESS

There was general consensus that connecting with family and friends is vital to our wellbeing. Additionally that we are all so interconnected. This global challenge has united us in collective action at individual and societal levels for the benefit of all.



PREPARATION IS KEY

Many respondents identified the need to be better prepared for the next "event". This includes taking better care of our personal health, hygiene and mental wellbeing and extends to family preparation (supplies) and creating a financial safety net for ourselves (diversifying our income streams and savings).



**AVERAGE OVERALL
MENTAL HEALTH
SELF-ASSESSMENT**

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