

	Total	Currently working from home				
		Yes, I am	Yes, someone else in household	Both	No, neither	Net: Yes
Sample size	2550	566	302	182	1499	1051

Regional sample sizes are unweighted. All other sample sizes, including column totals, are weighted to census data. Cells containing “%” are statistically zero, though at least one response was received. Blank cells indicate zero responses received. Sample sizes below 100 should be interpreted with caution.*

Q01. [Your work/life balance] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

Base = Exclude NA	2117	554	267	180	1116	1001
	Total	Currently working from home				
		Yes, I am	Yes, someone else in household	Both	No, neither	Net: Yes
A lot better than two years ago	11%	15%	9%	17%	8%	14%
A little better	17%	19%	22%	30%	13%	22%
The same – no change	36%	29%	34%	25%	42%	30%
A little worse	21%	23%	18%	20%	22%	21%
A lot worse than two years ago	14%	13%	16%	8%	15%	13%
Top2box	28%	35%	31%	47%	21%	36%
Bottom2box	36%	36%	34%	28%	37%	34%

Q01. [Relationships with your spouse/partner] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

Base = Exclude NA	1963	446	254	168	1095	868
	Total	Currently working from home				
		Yes, I am	Yes, someone else in household	Both	No, neither	Net: Yes
A lot better than two years ago	10%	12%	15%	13%	8%	13%
A little better	17%	20%	20%	23%	14%	20%
The same – no change	49%	43%	38%	41%	55%	41%
A little worse	17%	17%	20%	16%	17%	18%
A lot worse than two years ago	7%	8%	7%	7%	7%	8%
Top2box	27%	32%	35%	36%	21%	34%
Bottom2box	24%	25%	27%	23%	24%	25%

Q01. [Relationships with friends and family] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

Base = Exclude NA	2520	563	300	180	1477	1043
	Total	Currently working from home				
		Yes, I am	Yes, someone else in household	Both	No, neither	Net: Yes
A lot better than two years ago	3%	5%	4%	3%	3%	4%
A little better	11%	14%	14%	13%	9%	14%
The same – no change	46%	44%	46%	39%	48%	44%
A little worse	30%	28%	26%	38%	30%	29%
A lot worse than two years ago	10%	9%	10%	8%	10%	9%
Top2box	14%	19%	18%	16%	12%	18%
Bottom2box	39%	37%	36%	45%	40%	38%

Q01. [Your mental health] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

Base = Exclude NA	2530	564	301	182	1483	1047
	Total	Currently working from home				
		Yes, I am	Yes, someone else in household	Both	No, neither	Net: Yes
A lot better than two years ago	4%	6%	5%	5%	4%	5%
A little better	8%	10%	9%	9%	6%	10%
The same – no change	33%	27%	31%	31%	36%	29%
A little worse	36%	38%	34%	39%	36%	37%
A lot worse than two years ago	18%	19%	20%	16%	18%	19%
Top2box	12%	16%	15%	14%	10%	15%
Bottom2box	55%	57%	54%	55%	54%	56%

Q01. [Your overall physical health/well being] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

Base = Exclude NA	2534	564	302	182	1485	1049
	Total	Currently working from home				
		Yes, I am	Yes, someone else in household	Both	No, neither	Net: Yes
A lot better than two years ago	5%	7%	6%	6%	4%	7%
A little better	12%	17%	14%	17%	10%	16%
The same – no change	29%	22%	30%	25%	32%	25%
A little worse	36%	36%	33%	36%	37%	35%
A lot worse than two years ago	17%	17%	18%	16%	17%	17%
Top2box	18%	25%	20%	23%	14%	23%
Bottom2box	53%	53%	51%	51%	54%	52%

Q01. [Your sense of optimism] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

Base = Exclude NA	2526	561	301	182	1482	1044
	Total	Currently working from home				
		Yes, I am	Yes, someone else in household	Both	No, neither	Net: Yes
A lot better than two years ago	3%	5%	6%	3%	2%	5%
A little better	13%	15%	15%	13%	11%	15%
The same – no change	28%	25%	26%	26%	29%	25%
A little worse	35%	37%	34%	35%	35%	36%
A lot worse than two years ago	21%	19%	20%	23%	22%	20%
Top2box	16%	20%	20%	16%	14%	19%
Bottom2box	56%	55%	54%	58%	57%	55%

Q01. [Your life overall] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

Base = Exclude NA	2536	564	300	182	1489	1047
	Total	Currently working from home				
		Yes, I am	Yes, someone else in household	Both	No, neither	Net: Yes
A lot better than two years ago	5%	7%	7%	6%	4%	7%
A little better	18%	23%	21%	31%	14%	24%
The same – no change	36%	33%	35%	27%	38%	32%
A little worse	31%	29%	27%	30%	33%	29%
A lot worse than two years ago	10%	8%	9%	6%	11%	8%
Top2box	23%	30%	29%	37%	18%	31%
Bottom2box	41%	37%	36%	36%	44%	37%