

Yes, Adults Are More Stressed Because of the Pandemic, Especially with Juggling Work and Home Life

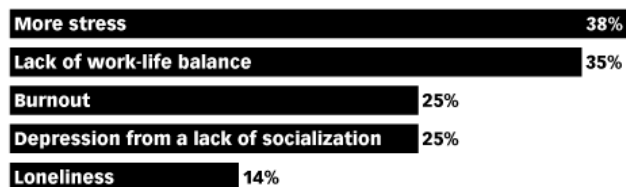
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Many adults worldwide are feeling the effects of the pandemic, particularly on their mental health. According to August 2020 data from Oracle, nearly four in 10 respondents reported feeling more stressed, while nearly as many cited a lack of work-life balance as affecting their mental status. Loneliness and burnout were other key reasons reported in the study.

How the Coronavirus Pandemic Has Negatively Affected the Mental Health of Adults Worldwide, Aug 2020

% of respondents



Source: Oracle and Workplace Intelligence, "AI@Work Study 2020" conducted by Savanta, Oct 7, 2020

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“As companies navigate issues of burnout, having formal discussions around employee mental health is becoming more common,” said Jillian Ryan, eMarketer principal analyst at Insider Intelligence. “While this wasn’t standard prior to the pandemic, companies are realizing that mental health issues must be addressed, sometimes with formal policies, to mitigate employee strain.”

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