



COVID-19: WORKING REMOTE

A RESEARCH POSTER ABOUT MENTAL HEALTH & WORKING REMOTE DURING THE COVID-19 PANDEMIC

INTRODUCTION

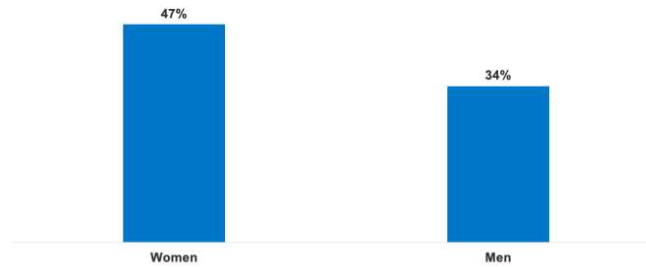
Working during the pandemic, has caused many people lots of other effects not just the ones that have caught the sickness. Fear and anxiety about this new disease and other strong emotions can be immense and the workplace stress can lead to symptoms of anxiety. Knowing how to deal with the emotions are key to getting through this tough time.

AN IMPORTANT STATISTIC

The graph located at the top shows the comparison of women and men of who showed the most signs of anxiety and depression between the two genders.

The data was collected from the Household Pulse Survey, they have shown that among adults that participated who worked within the seven days from taking the specific survey in 2020 women reported to show more signs of depression and anxiety than men. (Refer to top figure)

Figure 2
Among Adults Who Worked in the Past Seven Days, Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder, by Gender



NOTE: Reflects self-report of adults (ages 18+) who indicated they did any work for pay or profit in the last seven days when surveyed between November 11 and 23, 2020.

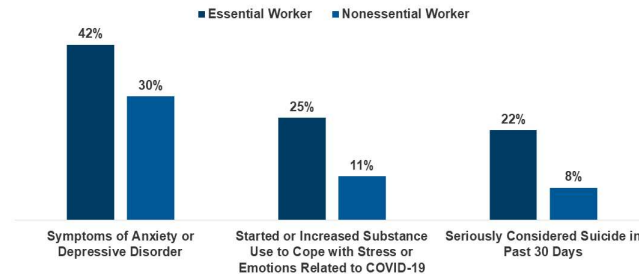
SOURCE: KFF analysis of the U.S. Census Bureau Household Pulse Survey, 2020.



ANOTHER COMPARISON

The chart to the right displays the effect that bad mental health had on essential and nonessential workers. Around a third of essential workers in the U.S. have worked remotely during the pandemic. A survey that was conducted in June 2020 showed that essential workers were affected a significant amount larger than nonessential. The results also show the effects of one category compared to the other.

Among Essential and Nonessential Workers, Share of Adults Reporting Mental Distress and Substance Use, June 2020



NOTES: Data is among adults ages 18 and above. Essential worker status was self-reported.
SOURCE: Czeisler ME, Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic—United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1>



Tips to Help With Maintaining Good Mental Health

- Set a routine, and stick to it
- Have a specific area for work
- Don't exclude yourself, stay connected to loved ones
- Set boundaries to create time for yourself
- Remind yourself of what keeps you going and motivated
- Continue to be kind to yourself
- Start health habits

Conclusion

During these unprecedented times, it is important to still take care of your mental health. There are resources out here to help, www.cdc.org provides further information for those looking for more tips or assistance. We all have been hit hard, financially and emotionally in many ways during the pandemic. There are supporting facts that show the effects of Covid-19 and those who have worked the entire time remotely have had a larger amount of mental distress.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Slide 1

t1 Sources: Kamal, R., Panchal, N., & Garfield, R. (2020, December 21). Both remote and on-site workers are grappling with serious mental health consequences of covid-19. Retrieved April 05, 2021, from <https://www.kff.org/policy-watch/both-remote-and-on-site-workers-are-grappling-with-serious-mental-health-c>
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