



IMPACT OF COVID-19 ON WELLBEING ON OUR ISLANDS

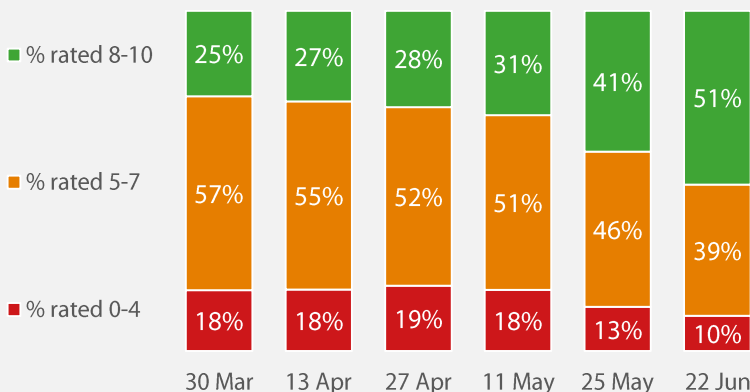
(RESPONSES 30 MARCH – 28 JUNE)

Overall the life satisfaction and wellbeing of survey respondents has improved since the end of March. These improvements are greater in Guernsey and the Isle of Man than in Jersey.

- In the latest survey 51% of respondents across the Crown Dependencies rated their life satisfaction as 8 or more out of 10, and are said to be 'thriving'. (58% Guernsey; 59% Isle of Man and 31% in Jersey).
- Respondents were more likely to feel optimistic and do the same or more exercise than prior to COVID; and less likely to feel lonely and less likely to feel moderate or large amounts of stress than w/c 20 April. This is true in all 3 islands, but more so in Guernsey and the Isle of Man.
- Work is now the most frequently selected cause of stress/anxiety (45%).

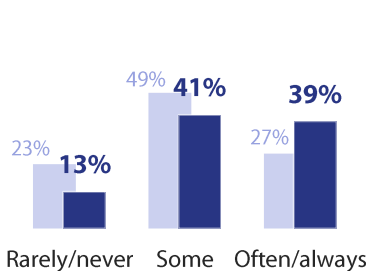
How satisfied do you feel with your life right now?*

(0 is worst possible life, and 10 is the best possible life)

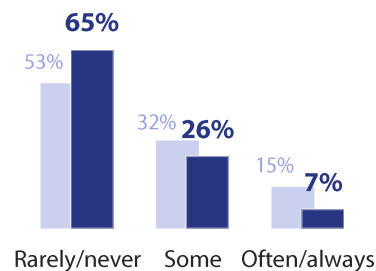


78% of these are doing the same or more exercise than before COVID (65% w/c 20 April)

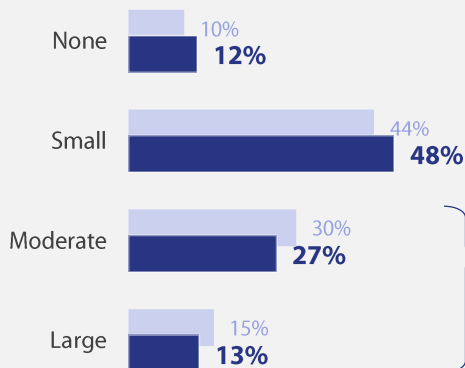
How often did you feel optimistic about the future in the past week?



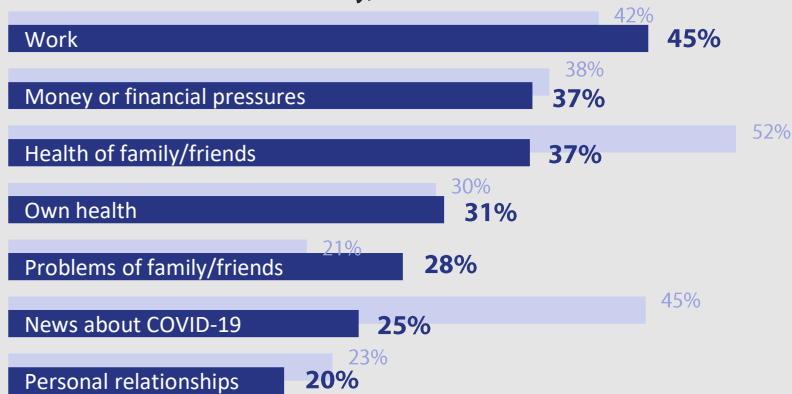
How often did you feel lonely, isolated or lacking companionship in the past week?



What amount of stress or anxiety have you experienced in the past week?



Of those who experienced a moderate or large amount of stress/anxiety, % who selected ... as a cause



To see more results: www.islandglobalresearch.com/news

The latest survey was completed by 1340 residents in the Crown Dependencies. (519 Guernsey, 454 Jersey, and 367 Isle of Man).

w/c 20 Apr w/c 22 June

*Based on Cantril's Ladder