

COVID-19: Malaysia Employees' Sentiment on Mental Health & Well-Being



The pandemic has changed the way most of us work daily, but has also impacted our mental well-being. We find out if professionals in Malaysia are coping well.

7 out of 10

say that their **professional stress levels have increased** since the onset of COVID-19



68%

feel pressured to be **'always on'** while working from home

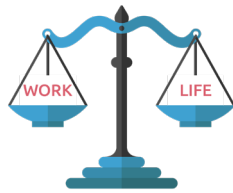
Out of those feeling pressured,

3 in 5

say the pressure is **self-inflicted** rather than coming from their company

67%

have adjusted their **work hours** since WFH



72%

found the adjustment in hours **beneficial** to their **work life balance**



Out of 100,

41

work **more hours**

36

work **similar hours**

23

work **less hours**

Virtual interactions aren't quite making up for face-to-face interactions:

54%

feel a little isolated from their colleagues

19%

feel very isolated

42%

have **mental & emotional support** from their company

Some company initiatives shared by employees:

- Employee Assistance Programs
- Daily health tracking and check-ins
- Distribution of wellness packs
- Free subscriptions to mental health, entertainment or learning/educational apps
- Multiple interest groups created across regions to engage those with similar hobbies
- Reimbursement for internet plans and WFH equipment expenses
- Webinars on various topics such as managing finances, stress, keeping fit and eating healthy



Survey methodology: A total of 1064 respondents employed across various industries in Malaysia were surveyed between 31 March – 10 April 2020.