

《世界精神卫生日：超半数英国员工最担心就业问题》

每年的10月10日是世界精神卫生日。根据英国的一项最新调查，在全球新冠疫情期间，超过半数受访者表示，对找工作的担忧对他们的心理健康影响最大。有四成员工表示，他们的心理健康状况比一年前更糟。



A woman walks past an employment agency "ExtraStaff" in North London, amid the spread of the coronavirus disease (COVID-19), in London, Britain June 16, 2020. [Photo/Agencies]

The pressure and responsibility of being an employee during a global pandemic can put a lot of stress on people, especially with the changes in work patterns and the risk of losing a job.

??

A staggering 57.3% of UK workers said that worrying about not being able to find a job has had the biggest impact on their mental health, according to a study by CV-Library.

CV-Library???????57.3%????????????????????????????????????

The study also shows that 43.7% of professionals feel their work-life balance is worse than a year ago with a further 61% stating working from home as the main reason for this.

???????43.7%????????????????????????????61%????????????????

In addition, the data shows that 50% of employees aged 25-34 are the most likely to blame remote working, followed by 35-54 (40%) and 55-64 (39.6%).

???????25??34????????50%????????????????????35??54????(40%)?55??64????(39.6%)?

Nearly three-quarters (72.9%) of the individuals surveyed said that they would look for a new job in order to secure a better work-life balance.

?????(72.9%)????????????????????????????????

Of the respondents, 50.2% said that they had experienced financial difficulties, since the onset of COVID-19. While, four in 10 or 42.9% of employees said their mental health is worse than it was a year ago.

50.2%????????????????????????(42.9%)????????????????

CV-Library's research also revealed that female workers appear to be suffering more than their male counterparts, 46.9% and 39.9% respectively.

????????????????????????????????????46.9%?39.9%?

Meanwhile, 36.3% of those surveyed said that worrying about the health and wellbeing of friends and/or family members has caused them to experience poor mental health.

????36.3%????????????????????????

Additionally, 26% named worrying about the spread of coronavirus as their biggest concern.

???26%????????????????

Interestingly, these worries remain the same across all genders and age groups with the exception of workers aged 35-44, who felt that experiencing financial difficulties (54.5%) had the biggest impact on their mental health.

??????35??44????(54.5%)????????????????????????????????????

The job board surveyed 1,300 professionals in an effort to ascertain how COVID-19 has impacted the wellbeing of the nation's workforce, ahead of World Mental Health Day on 10 October.

???????10?10????????????1300????????????????????????

Founder and CEO of CV-Library, Lee Biggins, said: “The last seven months has been filled with a great amount of uncertainty and it’s understandable that so many professionals feel their mental health is suffering. What’s more, it’s understandable that worrying about finding a new job is one of the biggest concerns for UK workers, as many individuals have been made redundant and employment opportunities have been scarce.

[illegible]

redundant [r??d?nd?nt]?adj.?????????

"It's only natural to feel anxious during such challenging times. And, while the UK job market may take some time to fully recover, it's important to remember that the situation is already improving. In fact, as time goes on, we're seeing more job postings being added to our site every week.

[illegible]

“The government has once again recommended that professionals should work from home where possible. While this may be good news for some, those who struggle to find a healthy work-life balance will be dreading the next few months. If you feel this way – don't panic.

[illegible]

“Start by identifying a clear working pattern with a well-defined break for lunch. This will force you to step away from work without feeling guilty. If possible, try to keep your work physically separate from your home life. Whether you do this by working in a different room, or by keeping your work laptop and documents out of sight in the evening, getting some separation is key.”

[illegible]

????????