

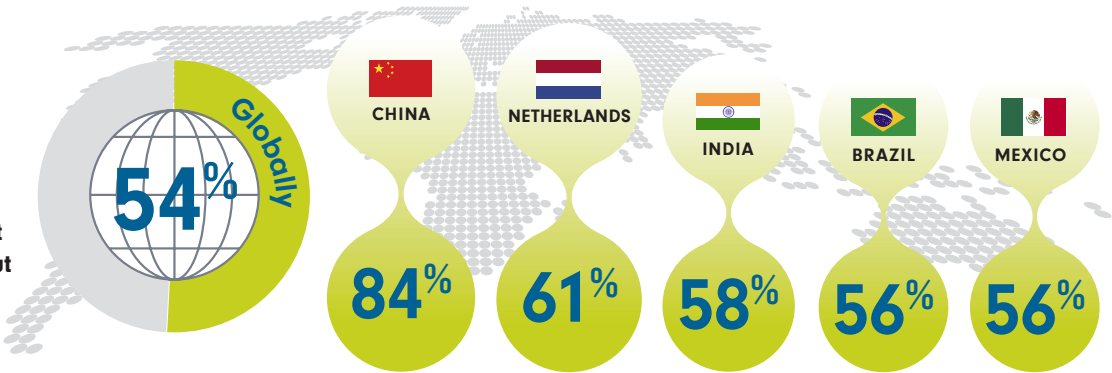
Wellbeing



Adults across the globe feel the most positive about their health, work & work/life balance

Despite pandemic pessimism, optimism is rising around the world

As global markets are opening up and vaccines are rolling out, more than half of people globally report feeling optimistic about the next six months

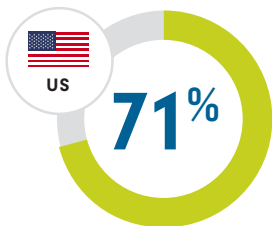


People report feeling most positive about their health, work and work/life balance



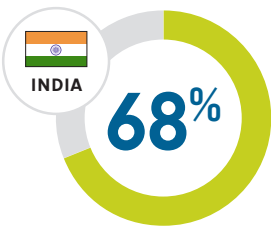
63%

felt good about health



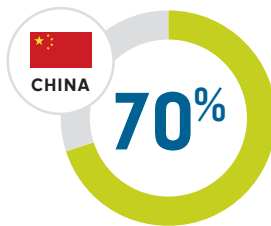
58%

felt good about work/life balance



58%

felt good about work



Despite optimism and positivity for the coming months, nearly a third of people globally reported feeling stressed, worried and fatigued in the past six months

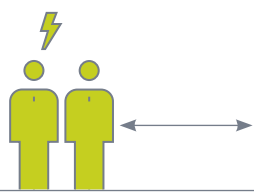
32%



felt stress, worry and fatigue

Two-thirds of people who felt negative emotions cited the pandemic as the main reason for feeling this way

64%



blame the pandemic for their negative emotions

What this could mean for employers

There is a significant opportunity for employers to continue and/or expand flexible work options and other benefits, including mental health support, to drive employee engagement and productivity in a post-pandemic world.



The data collection, research and analysis for the above markets was completed in partnership with Opinium, a strategic insight agency. Data collection took place between July 2021 and August 2021.

While guidelines and tools can be used as a guide, Fidelity still recommends that employees engage in robust planning sessions to determine their specific path toward financial wellness and retirement readiness. This information is intended to be educational and is not tailored to the investment needs of any specific investor. This information does not constitute investment advice and should not be used as the basis for any investment decision, nor should it be treated as a recommendation for any investment or action.

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