

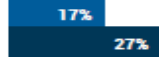
Since the start of 2020,
your work-life balance has:

■ Female ■ Male

Improved



Stayed the same



Deteriorated

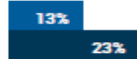


your workload has:

Increased



Stayed the same



Decreased



“I am in my second year in my new job, and the pandemic hit before I completed my first year in a new town. We are in lockdown, and I have no close friends nearby. At the same time, my workload feels like it has at least doubled, and I am struggling to keep up.”

- Anonymous survey response

“Work from home has paradoxically made me feel guilty about working rather than interacting with my kids, while also feeling guilty about interacting with my kids rather than working.”

- Anonymous survey response

“I’m simultaneously teaching in-person and distance-learning students; each requires vastly different techniques. I feel like if I address one group properly, the other group suffers.”

- Anonymous survey response