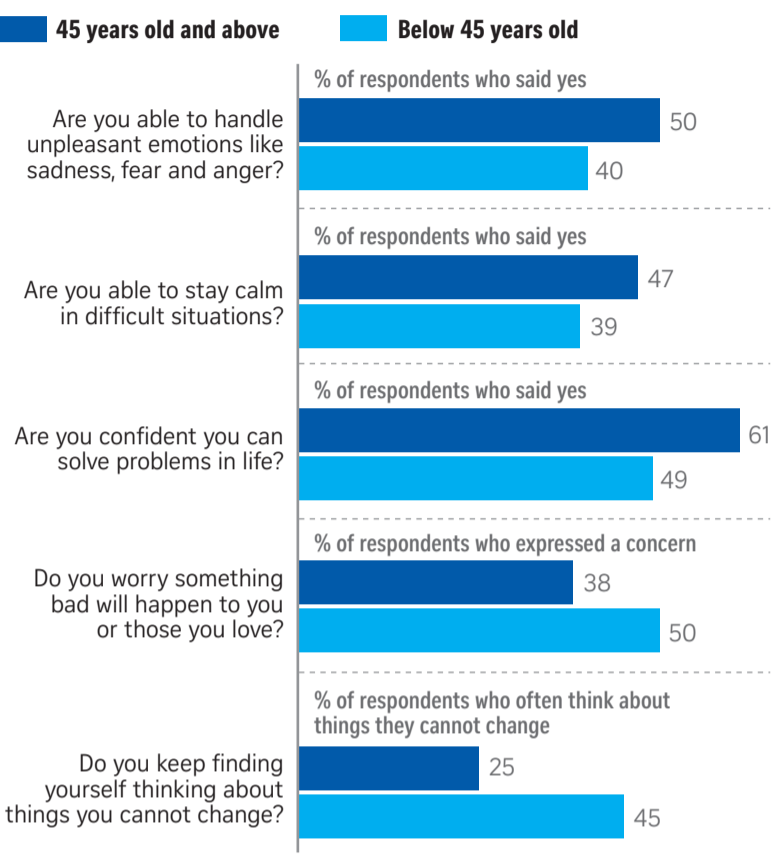


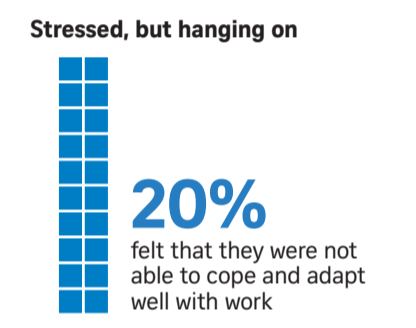
# Are you stressed by Covid-19?

The National University Health System's Mind Science Centre conducted a mental health resilience survey and a workplace resilience survey to find out how people here are responding to the pandemic.

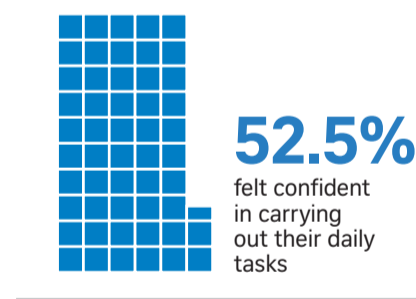
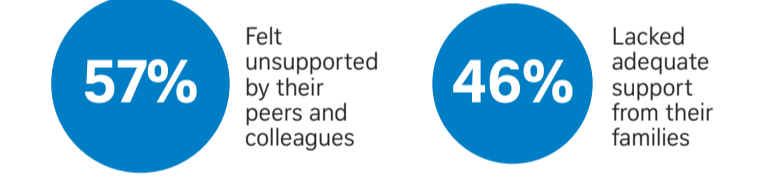
## OLDER ADULTS COPING BETTER THAN YOUNGER ONES



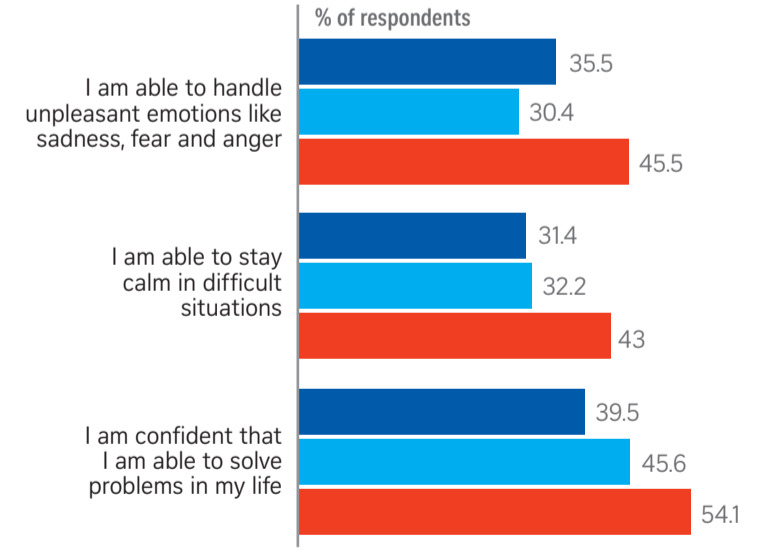
## STRESS FELT BY MANY



## WORKING PROFESSIONALS COULD DO WITH MORE SUPPORT



## Students, Non-working adults, Working adults



## RETIREEES HAVE HIGHER LEVELS OF MENTAL RESILIENCE

Retirees appeared to be faring way better, reporting higher levels of mental resilience than non-working adults and students



## WOMEN FELT THE IMPACT OF THE PANDEMIC MORE THAN MEN

