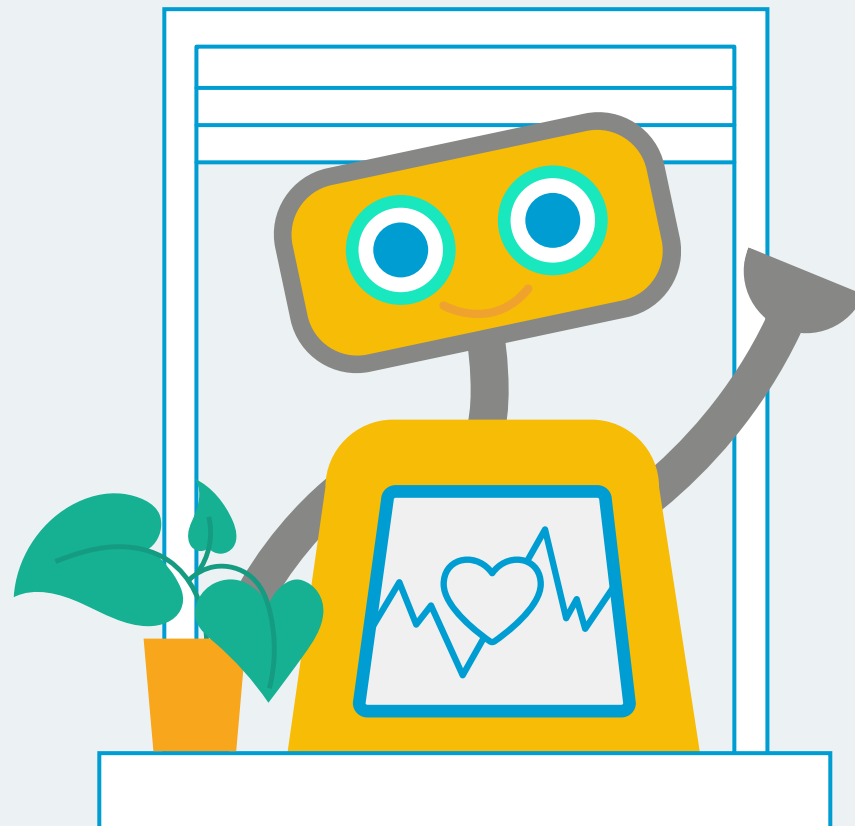


The Pandemic's Silver Linings



69% say the pandemic has created new possibilities

70% say it has strengthened their relationships with others or community

79% say it has helped them increase their appreciation of life

73% say the pandemic has helped them identify personal strengths

59% say it has created spiritual change

Essential Workers Faring Better Than Most



of essential workers



of all respondents

are bothered by feeling down, depressed, or hopeless nearly every day



of essential workers



of all respondents

are bothered by not being able to stop or control worrying nearly every day

From a Woebot user survey conducted by Woebot Health, June 3 - July 6, 2020. Total respondents: 2,108

Millennials and Gen-Z More Anxious Than Boomers

62%
OF M+GENZ

20%
OF BOOMERS

are bothered by feeling nervous, anxious, or on edge more than half the days or nearly every day

56%
OF M+GENZ

30%
OF BOOMERS

report not being able to stop or control worrying more than half the time or nearly every day

35%
OF M+GENZ

10%
OF BOOMERS

have been bothered by having little interest or pleasure in doing things nearly every day