

# Young, blue, too much to do? You're not alone

Blue Monday punches differently this year. What's COVID got to do with it? That depends on your demographic.



## Gen Z feel isolated

21-24 year olds are more likely to report feelings of isolation.

# 76%

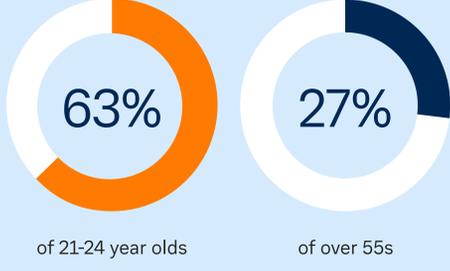
of Gen Z feel more empathetic towards co-workers due to the pandemic



# 46%

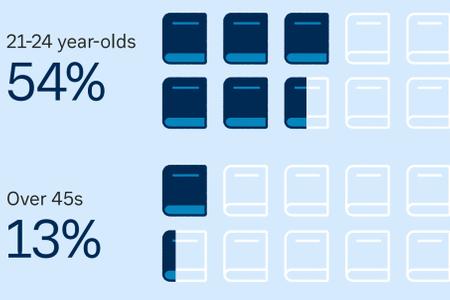
of Gen Z want to connect more with co-workers

Some workers believe remote working during the pandemic led to them feeling isolated.



Career aspirations have shifted

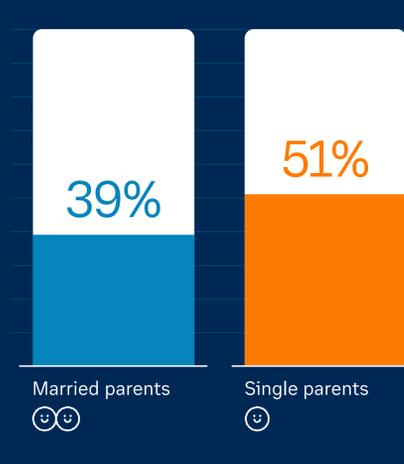
Some full-time workers feel more career-focused now than before the pandemic.



## Working parents feel it too

Instead of trying to fit life around work, it's time to flip things around.

Percentage of parents more likely to feel isolated in a post-COVID workplace:



## Why employers should take notice

Working parents are 1.3 times more likely to leave their jobs in the next 6 months if an employer isn't flexible.



3 in 5 working mothers put flexibility top of their agenda.



## See you online?

The world is more virtual than ever before, but does this mean workers prefer using digital tools to collaborate?

# 7 in 10

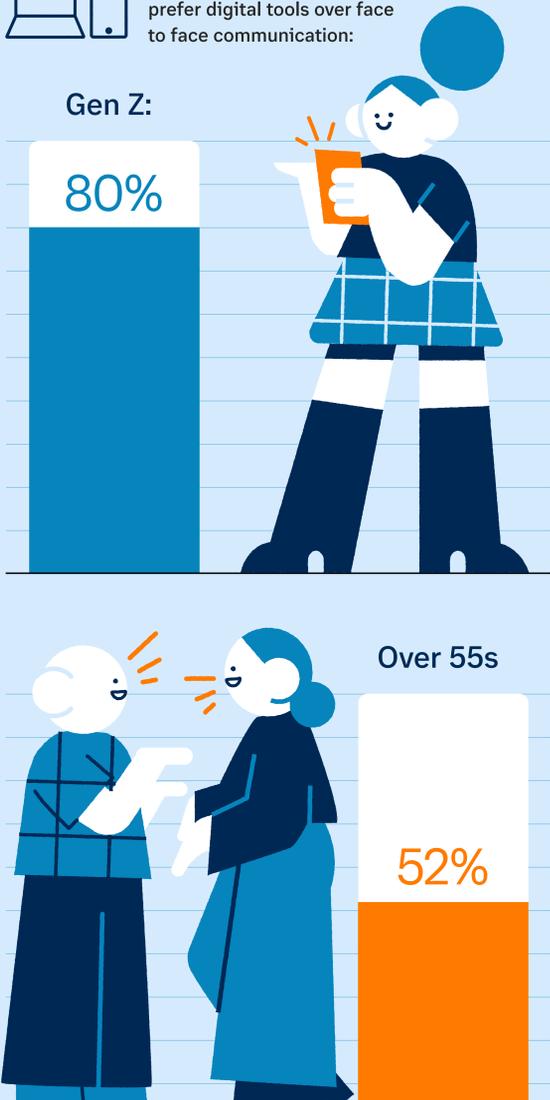
full-time workers feel the way they connect with people changed due to COVID.



Today, the majority of UK workers use digital tools to collaborate.



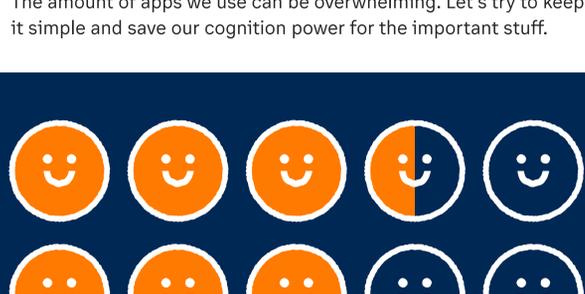
Percentage of workers who prefer digital tools over face to face communication:



Bosses should be flexible to different communication styles and situations in return to work plans – or risk employees feeling misunderstood and even voting with their feet.

## The solution isn't more apps

The amount of apps we use can be overwhelming. Let's try to keep it simple and save our cognition power for the important stuff.



## What else are employees saying about returning to work?

For more information, please visit [ringcentral.co.uk](http://ringcentral.co.uk) or call 0800 098 8136

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Source: Ipsos 'Return to work' survey for RingCentral