



# *Self-Care in a Post Pandemic World*

---

AMERICANS' PERCEPTIONS OF HEALTH &  
WELLBEING DURING COVID-19



# TABLE OF CONTENTS

---

METHODOLOGY.....3

U.S. ADULTS EXPERIENCES .....4

PANDEMIC ACTIVITIES.....7

AGREE/DISAGREE STATEMENTS .....10



# METHODOLOGY

---

This survey was conducted online within the United States by The Harris Poll on behalf of Samueli Integrative Health Programs from May 5-7, 2020 among 2,051 U.S. adults ages 18 and older.

This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated.



# QUESTION 1

---

During the coronavirus pandemic, which of the following, if any, have you experienced or are you currently experiencing?

	Gender			Age				
	Total	Male	Female	18-34	35-44	45-54	55-64	65+
Any (Net)	1744	816	928	545	288	271	274	366
	85%	82%	88%	89%	85%	83%	81%	84%
Increased screen time (e.g., phone, computer, TV, etc.)	1035	441	593	307	164	168	170	226
	50%	44%	56%	50%	48%	51%	50%	52%
Social isolation from family/friends	965	408	557	265	141	137	161	260
	47%	41%	53%	43%	42%	42%	47%	60%
Eating more	742	319	422	260	145	108	110	118
	36%	32%	40%	43%	43%	33%	32%	27%
Lack of motivation	695	264	431	270	128	89	102	106
	34%	27%	41%	44%	38%	27%	30%	24%
Lack of energy (e.g., tiredness, fatigue, etc.)	613	215	398	247	86	94	80	105
	30%	22%	38%	41%	26%	29%	23%	24%
Difficulty sleeping	598	235	362	225	112	85	96	79
	29%	24%	34%	37%	33%	26%	28%	18%
Exercising less	591	256	335	215	83	87	83	124
	29%	26%	32%	35%	24%	26%	25%	29%
Negative emotions (e.g., hopelessness, worthlessness, etc.)	433	179	254	194	87	50	55	47
	21%	18%	24%	32%	26%	15%	16%	11%
Inability to focus or stay on task	394	161	233	190	91	37	42	34
	19%	16%	22%	31%	27%	11%	12%	8%
Reduced spiritual connection	274	128	146	92	53	33	36	61
	13%	13%	14%	15%	16%	10%	11%	14%
New physical symptoms unrelated to coronavirus (e.g., digestion problems, nausea, etc.)	232	105	126	99	57	30	18	27
	11%	11%	12%	16%	17%	9%	5%	6%
Lack of access to needed medications or medical treatments	207	96	111	75	42	32	27	31
	10%	10%	11%	12%	12%	10%	8%	7%
Worsening of existing medical conditions	174	87	87	72	37	24	22	20
	8%	9%	8%	12%	11%	7%	7%	5%

	Gender		Age					
	Total	Male	Female	18-34	35-44	45-54	55-64	65+
New physical symptoms that might be or have been confirmed to be coronavirus-related (e.g., cough, fever, shortness of breath, etc.)	148	95	53	73	39	14	10	12
	7%	10%	5%	12%	12%	4%	3%	3%
Other	14	4	10	2	0	2	5	5
	1%	0	1%	0	-	0	2%	1%
None	306	177	129	65	50	56	65	69
	15%	18%	12%	11%	15%	17%	19%	16%
Sigma	7420	3171	4249	2652	1315	1045	1084	1324
	362%	319%	402%	434%	389%	319%	319%	305%



## QUESTION 2

---

Compared to before the coronavirus pandemic, would you say you currently do each of the following activities more, less, or the same amount?

## Summary of respondents that answered "More" (from base of those that ever did activity)

	Gender		Age					
	Total	Male	Female	18-34	35-44	45-54	55-64	65+
Creative activities (e.g., reading, journaling, art projects, etc.)	724	335	389	254	143	103	89	135
	35%	34%	37%	42%	42%	31%	26%	31%
Pray	630	281	348	196	129	103	98	104
	31%	28%	33%	32%	38%	31%	29%	24%
Engage in meaningful conversation with family/friends	627	307	320	233	134	77	88	96
	31%	31%	30%	38%	40%	23%	26%	22%
Spend time outdoors	514	237	277	165	97	91	69	92
	25%	24%	26%	27%	29%	28%	20%	21%
Eat healthy foods	512	299	213	186	126	80	59	61
	25%	30%	20%	30%	37%	24%	17%	14%
Get enough sleep	511	283	228	212	117	79	62	41
	25%	28%	22%	35%	35%	24%	18%	10%
Exercise	472	256	216	170	109	81	64	48
	23%	26%	20%	28%	32%	25%	19%	11%
Meditate	354	193	161	131	97	63	40	23
	17%	19%	15%	21%	29%	19%	12%	5%
Practice yoga	217	133	84	106	64	37	7	3
	11%	13%	8%	17%	19%	11%	2%	1%



## Summary of respondents that answered "Less" (from base of those that ever did activity)

	Total	Gender		Age				
		Male	Female	18-34	35-44	45-54	55-64	65+
Unweighted Base	2051	998	1053	625	274	312	371	469
Weighted Base	2051	994	1057	611	338	328	339	435
Spend time outdoors	785	407	378	254	158	107	117	149
	38%	41%	36%	42%	47%	33%	34%	34%
Exercise	607	264	343	200	89	84	93	141
	30%	27%	32%	33%	26%	26%	27%	32%
Get enough sleep	560	200	361	200	100	85	90	86
	27%	20%	34%	33%	29%	26%	26%	20%
Engage in meaningful conversation with family/friends	385	190	195	121	61	47	58	98
	19%	19%	18%	20%	18%	14%	17%	23%
Eat healthy foods	343	145	197	156	63	37	46	41
	17%	15%	19%	26%	19%	11%	13%	9%
Creative activities (e.g., reading, journaling, art projects, etc.)	263	122	140	113	48	26	41	35
	13%	12%	13%	18%	14%	8%	12%	8%
Practice yoga	239	108	131	110	54	27	35	13
	12%	11%	12%	18%	16%	8%	10%	3%
Meditate	222	113	109	108	41	13	34	26
	11%	11%	10%	18%	12%	4%	10%	6%
Pray	155	84	71	78	25	13	10	28
	8%	8%	7%	13%	7%	4%	3%	6%



## QUESTION 3

---

How much do you agree or disagree with each of the following statements about the coronavirus pandemic?

	Gender		Age					HHI has Decreased due to COVID-19	No HHI Decrease	
	Total	Male	Female	18-34	35-44	45-54	55-64			65+
Technology has been essential in helping me to remain connected with others during the coronavirus pandemic.	1703	793	910	490	279	277	286	371	879	776
	83%	80%	86%	80%	82%	84%	84%	85%	82%	86%
After the coronavirus pandemic is over, I will be more mindful about practicing self-care regularly.	1641	769	873	460	287	268	275	351	875	724
	80%	77%	83%	75%	85%	82%	81%	81%	81%	80%
The longer the coronavirus pandemic goes on, the more I miss aspects of life from before it started.	1589	759	830	434	257	248	281	369	843	716
	77%	76%	78%	71%	76%	75%	83%	85%	78%	79%
I am more focused on my mental health now than ever.	1315	619	695	418	260	213	212	211	757	515
	64%	62%	66%	68%	77%	65%	63%	49%	70%	57%
I am scared to get health care during the coronavirus pandemic.	1131	531	601	364	228	190	149	200	682	414
	55%	53%	57%	60%	67%	58%	44%	46%	64%	46%
The negative effects of social isolation can be more harmful than the effects of coronavirus itself.	1072	505	567	350	204	172	165	181	595	442
	52%	51%	54%	57%	60%	52%	49%	42%	56%	57%
I am struggling to find ways to maintain my whole health (i.e., physical, mental, and spiritual health) during the coronavirus pandemic.	946	446	500	339	206	130	132	138	609	301
	46%	45%	47%	56%	61%	40%	39%	32%	57%	33%
I have failed to get preventive health care (e.g., wellness visits, standard vaccinations, screenings, etc.) during the coronavirus pandemic.	915	459	457	255	192	151	146	172	545	344
	45%	46%	43%	42%	57%	46%	43%	40%	51%	38%
I wish I had more guidance and support for practicing self-care during the coronavirus pandemic.	912	473	438	364	197	135	105	111	570	305
	44%	48%	41%	60%	58%	41%	31%	25%	53%	34%