

COPING WITH THE LOCKDOWN: THE FIRST 10 DAYS

A study of how people in the UK are coping with the first 10 days of the Coronavirus Lockdown

This online survey was conducted by TONIC from 29th to 31st March 2020, and includes responses from 1,007 people across the UK



**1/2 FEEL THEY ARE
COPING WELL SO FAR**

1/2 (56%) say they are coping well so far with the lockdown, with 1/4 (26%) feeling unsure. However, nearly 1 in 5 (18%) say they are not coping well. Men are more likely to say they are coping well (74% to 55% of women).

**2 IN 3 HAVE BEEN
FEELING ANXIOUS**

64% of people have been feeling anxious during the first 10 days of the lockdown, with only 1 in 5 (19%) saying they do not feel some anxiety.

Women were more likely to say they are feeling anxious (66% to 39% of men).



**NEARLY 1 IN 3 ARE NOT
GETTING ENOUGH SLEEP**

Although half of our respondents said they were getting a good night's sleep, nearly 1 in 3 (31%) said they were not getting enough sleep.

Women were more likely to say they were experiencing problems with sleeping (32% compared to 22% of men).





1 IN 5 DON'T FEEL GOOD ABOUT THEMSELVES

We asked people if they were feeling good about themselves at the moment. 43% said they were feeling good, however 21% said they did not feel good about themselves and over 1 in 3 (36%) were unsure.

Men were more likely to say they feel good about themselves (65% to 41% of women).



NEARLY EVERYONE HAS ENOUGH FOOD

The clear majority (93%) have enough food, with only 4% saying they don't have enough food at present.



MOST PEOPLE FEEL THEY'RE GETTING GOOD SUPPORT

8 out of 10 say they are getting good support from their family, friends or the community. Fewer than 1 in 10 (7%) feel they are not getting enough support.



4 OUT OF 10 ARE GETTING ENOUGH EXERCISE

In spite of the lockdown, 42% say they are getting enough exercise, with 1 in 3 (35%) saying they are not getting sufficient exercise.

MOST PEOPLE ARE FEELING FIT AND HEALTHY

2 in 3 people are feeling physically fit and healthy at the present time, while 16% say they do not currently feel fit and healthy.



MOST PEOPLE UNDERSTAND THE GOVERNMENT GUIDANCE

The majority (69%) find the Government guidance on how to behave during the lockdown to be clear and easy to understand. However, 15% said they found the guidance unclear.



4 IN 10 ARE MOST WORRIED ABOUT THEIR FAMILY

We asked people what they were most worried about in the coming weeks.

4 in 10 (43%) said their family was their main concern, while around 1 in 5 (23%) said their own health was their biggest worry.

More than 1 in 10 (13% were most worried about the NHS.

FAMILY HELPS PEOPLE TO COPE WITH LOCKDOWN

Things helping people cope with lockdown are:

- 34% Family & 9% Friends
- 24% technology - such as staying in touch using phones or Apps, TV, gaming etc.
- 14% keeping busy by doing jobs, hobbies or exercise
- 9% by gardening or going outdoors

MANY WANT REASSURANCE, AND CONTACT WITH FAMILY & FRIENDS

Many people said they needed things to help them to cope better with the lockdown. The main things people needed were company, contact with family, reassurance and a return to normality. Around 1 in 10 said they did not need anything at this point to help them cope,

NOT SEEING FAMILY & FRIENDS IS THE HARDEST THING

Half (53%) of our respondents said not seeing family and friends was the most difficult thing about the lockdown.

For 1 in 5 (22%), they find it hardest to cope with concerns about their health and feelings of anxiety. 14% find it tough not to be able to go outside and exercise, while only 4% say lack of work and money difficulties are the most difficult thing to cope with.

Women are more likely to miss socialising (56% compared to 33% of men). Men are more likely to miss exercise (27% compared to 12% of women). Men are more inclined to miss the lack of personal space (18% to 3%) and women are more likely to feel anxious (22% to 12%).

PEOPLE WHO LIVED ALONE APPEAR TO BE LESS ANXIOUS & TO SLEEP BETTER

There were not many significant differences between the responses given by those who lived with other people and those who lived alone. The areas where there was a difference was around anxiety and sleep.

56% of those who live alone saying they feel anxious compared to 64% of those who live with others.

57% of those who live on their own say they are getting enough sleep, compared to 49% of those who live with others.