## **MENTAL HEALTH** & WELL-BEING

CANDIDATE PULSE

**MIDDLE EAST** 



Michael Page surveyed 2,037 job applicants across the Middle East to understand their feelings about mental health and well-being in 2021. If you want to talk to us about how this might affect your recruitment plans for the next 12 months, contact us today to talk to a consultant.



of job applicants think that companies' wellbeing/mental health initiatives will impact or define their job search in the future

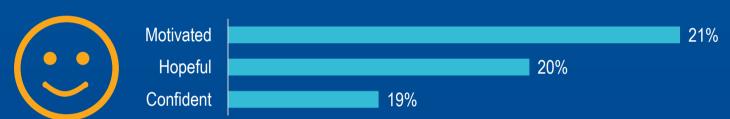
### TO RECOVER FROM THE DIFFICULT TIMES, CANDIDATES **WANT COMPANIES TO:**

Create some well-being initiatives/events

Be more flexible regarding work arrangements

> Improve communication with managers to better control time and task planning





# SINCE THE COVID-19 CRISIS STARTED, CANDIDATES HAVE FACED THE FOLLOWING SITUATIONS



#### WHEN IT COMES TO MENTAL HEALTH AT WORK, SURVEYED JOB APPLICANTS AGREE TO THE FOLLOWING STATEMENTS:



I feel under more pressure during these times



I feel I get less credit for my work



I feel that my work-life balance has worsened



I feel that my manager is neglecting my mental health

#### TOP 5 AREAS JOB APPLICANTS HAVE PAID EXTRA ATTENTION TO IN ORDER TO MAINTAIN A GOOD MENTAL HEALTH OR TO REDUCE ANY **ASSOCIATED RISKS:**

54% 50% 49% 42% 34% Exercising Eating healthy Keeping professional Develping self-Keeping in contact with friends and loved focus esteem ones

### HOW CONFIDENT DO JOB APPLICANTS FEEL DISCUSSING THEIR MENTAL HEALTH WITH THE FOLLOWING PEOPLE/DEPARTMENTS?





Partner, relatives or family members



**Friends** 



Manager



HR department