

# Mental Health in New Zealand

## Research report



LET'S  
RETHINK  
CARE



### MENTAL HEALTH IN NEW ZEALAND 2020

The survey was conducted online across n=1,000 New Zealanders by an independent market research agency using a nationwide sampling framework in May 2020. The results were then weighted to Statistics New Zealand census gender, age and location to give a representative sample of the population.

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# We're facing more challenges with our mental health



**50%** of Kiwi

families have expressed stress recently.

**1** in **5**

are worried about their family members.

**11%** are

concerned about their housing situation.

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# We're nervous about our jobs and finances



20%

of kiwis have ongoing concerns about job security.

1 in 3

are stressed about their personal finances.

11% of Kiwis

are worried about their workload.

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# Our physical pain has increased



59%

of kiwis are experiencing more pain.

4 in 10

are experiencing more migraines and headaches than usual.

30% of

respondents have noticed more back pain.

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# Kiwi women have been particularly affected by Covid-19



**28%** of Kiwi

women are more stressed or anxious than any other time in their life.

**63%**

experienced more physical pain compared with 55% of males.

**2nd** most likely

cause of stress for females was not knowing how to switch off.

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# Few Kiwis are getting help for their mental wellbeing



92%

aren't doing any form of mindfulness.

4%

of people are doing yoga.

1 in 6

are turning to technology such as an app or online programme for mental health support.

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# But there is good news too



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# We are doing more things that we like



**31%** report

eating more nutritious home-cooked meals every night.

**80%** of us

are staying active with 1 in 5 exercising more than once a day.

**8 in 10** Kiwis

are connecting with friends or family outside of the home at least once a week.

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# Kiwi's social lives have improved



Almost **1** in **3**

(31%) saying COVID-19 has brought them closer to their family.

**20%** have

improved relations with those outside of their household.

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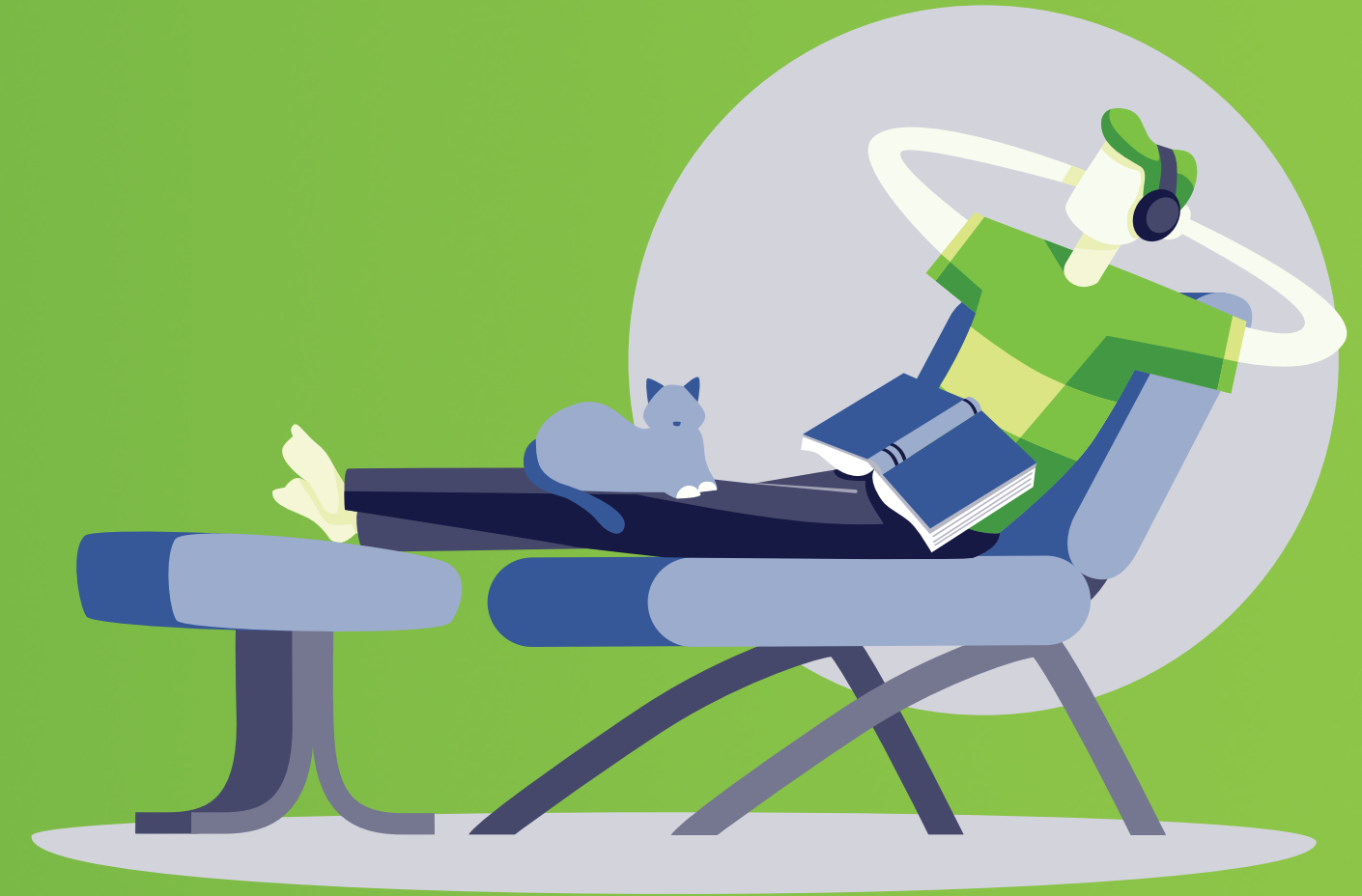
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# What we're doing in our spare time



**72%** of us  
are watching TV.

**53%** of us  
are listening to music.

While **32%**  
are spending time  
in the garden.

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# Want to improve your mental wellbeing, but don't know where to start?

Find out more at [rethinkcare.co.nz](https://rethinkcare.co.nz)



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