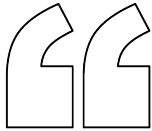


## Hope on the Horizon amidst COVID-19



Hope is on the horizon as Australia moves towards its [three phases of recovery](#). Optimism towards the future is growing with the number of Australians feeling extremely or very uncertain about the future reducing slightly since March (34% cf. 39% phase one). There is, however, still a sense of uncertainty about the future. Currently a third of Australians (34%) feel extremely or very uncertain about the future with more than half 56% feeling somewhat or slightly uncertain.

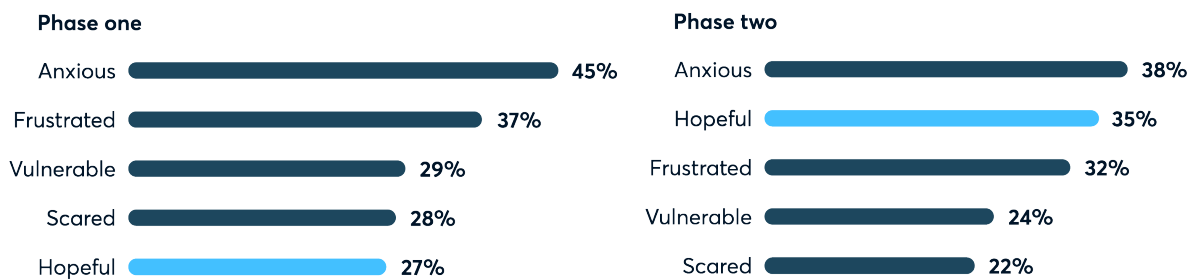


Younger generations are more likely than their older counterparts to have felt the biggest impact of COVID-19 financially and mentally.

Australians are experiencing a range of emotions as they navigate the complex world of COVID-19. The most common emotion Australians are experiencing continues to be anxiety (38%), although this has reduced since March when more than two in five Australians (45%) were feeling anxious in response to the unfolding situation around COVID-19. Earlier in the year, many Australians were also feeling frustrated (37%), vulnerable (29%) and scared (28%). As Australians have adapted and the focus has shifted to the recovery, they are beginning to feel more hopeful. More than a third of Australians are now feeling a sense of hope (35%) compared to only 27% in March.



TOP FIVE EMOTIONS THAT AUSSIES ARE EXPERIENCING IN RESPONSE TO THE UNFOLDING SITUATION AROUND COVID-19



## The biggest negative impact of COVID-19 has been on Australian's social health

Over the last few months, Australians are most likely to have felt the biggest negative impact from COVID-19 on their social life where they have missed seeing family or friends (42%). For almost three in ten Australians (28%), however, the biggest impact has been felt financially likely through a reduction or loss of income. Many Australians have felt the negative impact from COVID-19 on their mental health (17%) with increased levels of anxiety or depression, while 13% have been most impacted physically through fearing for their physical health or getting less sleep or exercise.



### WHICH AREA OF LIFE HAVE YOU FELT THE BIGGEST NEGATIVE IMPACT OF COVID-19?



**42%**  
**Social**  
*e.g. missed seeing family, friends*



**17%**  
**Mental**  
*e.g. felt increased levels of anxiety or depression*



**28%**  
**Financial**  
*e.g. reduced/loss of income*



**13%**  
**Physical**  
*e.g. feared for my physical health and safety, got less exercise or sleep*

## Negative impacts of COVID-19 by generation

Younger generations are more likely than their older counterparts to have felt the biggest impact financially (33% Gen Z, 37% Gen Y cf. 28% Gen X, 20% Baby Boomers, 12% Builders) and mentally (25% Gen Z, 22% Gen Y cf. 17% Gen X, 11% Baby Boomers and 4%

Builders).

**Recovering from COVID-19**  
Explore how Australians have been impacted by and responded to COVID-19

Download the FREE report here



## Contact

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