Bupa Global

Executive Wellbeing Index



Executives are transforming their worlds in response to COVID-19.

The Bupa Global Executive Wellbeing Index captures opinions, plans and trends from almost 2,000 high-net-worth individuals (HNWIs) & senior executives around the world.

So what are they?



Mental health and wellbeing

22% Disturbed sleep



of global HNWIs have had mental health symptoms, during the pandemic



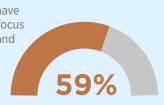
23% Low mood / anxiety



Anger / impatience







Mood swings

New ways of working



board execs will take fewer international trips

26% will stop all husiness tra

business travel



Invest in technology for flexible working



Review company **infrastructure**



Life-work balance



board execs have re-evaluated work-life balance (65%)

✓ Almost all will make improvements

Almost half of HNWIs will not return to fast paced life (45%)





board execs will now work from their holiday home (19%)





One in five will retire early

