

Poll conducted by Research Co. on Work in British Columbia - April 16, 2021

There have been many discussions over the past few years about people having a work-life balance, which means placing priorities on “work” (career) and “lifestyle” (including health, leisure, family and spirituality). All things considered, which of the following statements comes closest to describing your own current work-life balance?



	Employed in BC	GENDER		AGE			REGION					ANNUAL HOUSEHOLD INCOME		
		Male	Female	18-34	35-54	55+	Metro		Northern BC	Southern BC	Vancouver Island	<\$50k	\$50k-\$100k	\$100k+
							Vancouver	Fraser Valley						
Work is definitely taking precedence over lifestyle	17%	13%	21%	22%	15%	13%	17%	19%	25%	12%	14%	19%	19%	12%
Work is probably taking precedence over lifestyle	28%	27%	29%	28%	32%	19%	31%	11%	33%	28%	27%	24%	27%	34%
My balance between work and lifestyle is perfect	41%	42%	40%	35%	40%	50%	39%	45%	33%	41%	49%	36%	40%	46%
Lifestyle is probably taking precedence over work	8%	10%	6%	10%	7%	7%	8%	13%	4%	7%	5%	9%	8%	5%
Lifestyle is definitely taking precedence over work	2%	3%	1%	1%	0%	8%	1%	8%	4%	7%	0%	5%	1%	2%
Not sure	4%	5%	3%	4%	5%	3%	5%	3%	0%	5%	4%	6%	4%	1%

Over the course of the past six months, have any of the following happened to you?



	Employed in BC	GENDER		AGE			REGION					ANNUAL HOUSEHOLD INCOME		
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Northern BC	Southern BC	Vancouver Island	<\$50k	\$50k-\$100k	\$100k+
Had to stay late at work	35%	36%	34%	44%	39%	17%	34%	29%	54%	43%	34%	31%	34%	46%
Had to work from home at night	22%	25%	18%	21%	26%	16%	21%	23%	13%	24%	27%	13%	26%	26%
Had to work from home on a weekend	24%	28%	19%	26%	27%	16%	24%	24%	12%	21%	31%	15%	26%	30%
Missed a "lifestyle" engagement (like a virtual or live family gathering or leisure activity) because of work	17%	15%	18%	22%	18%	6%	16%	8%	33%	17%	22%	16%	20%	12%
Had to take a work-related call on the cell phone while I was with family/friends	28%	28%	27%	28%	31%	20%	26%	31%	29%	33%	25%	22%	28%	37%
Had to reply to a work-related e-mail while I was with family/friends	24%	21%	27%	26%	29%	12%	22%	26%	29%	33%	25%	20%	24%	31%
None of these	33%	32%	36%	19%	30%	58%	32%	39%	25%	34%	37%	43%	30%	26%

All things considered, would you say your work has put a strain on your relationships with family and friends?



	Employed in BC	GENDER		AGE			REGION					ANNUAL HOUSEHOLD INCOME		
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Northern BC	Southern BC	Vancouver Island	<\$50k	\$50k-\$100k	\$100k+
Definitely has	7%	6%	9%	10%	8%	2%	7%	8%	17%	2%	6%	12%	8%	3%
Probably has	28%	28%	28%	37%	29%	13%	32%	13%	33%	14%	31%	21%	28%	32%
Probably has not	28%	29%	26%	29%	27%	27%	28%	26%	29%	28%	24%	32%	26%	30%
Definitely has not	33%	33%	32%	20%	31%	54%	28%	48%	21%	48%	35%	30%	32%	33%
Not sure	4%	4%	5%	4%	5%	4%	4%	5%	0%	7%	5%	5%	5%	1%

Poll conducted by Research Co. on Work in British Columbia - April 16, 2021

Looking back to how your own parents lived, do you think it is easier, roughly the same or harder now to achieve a work-life balance?



	Employed in BC	GENDER		AGE			REGION					ANNUAL HOUSEHOLD INCOME			
		Male	Female	18-34	35-54	55+	Metro		Vancouver			<\$50k	\$50k-\$100k	\$100k+	
Easier	16%	16%	17%	15%	16%	19%	Vancouver	Fraser Valley	Northern BC	Southern BC	Island	9%	13%	20%	13%
Roughly the same	37%	40%	32%	42%	37%	28%	38%	42%	38%	31%	27%	36%	41%	31%	
Harder	39%	35%	43%	36%	37%	46%	37%	29%	33%	52%	53%	39%	33%	48%	
Not sure	8%	9%	7%	7%	10%	7%	9%	8%	4%	5%	11%	12%	6%	9%	