

Poll conducted by Research Co. on Work in British Columbia - April 12, 2022

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 Vancouver		Northern BC	Southern BC	Vancouver Island	<\$50k	\$50k-\$100k	\$100k+
							Fraser Valley	Fraser Valley						
Work is definitely taking precedence over lifestyle	24%	23%	24%	32%	20%	19%	21%	25%	35%	33%	29%	27%	23%	24%
Work is probably taking precedence over lifestyle	31%	32%	29%	36%	29%	27%	33%	29%	18%	29%	23%	29%	33%	26%
My balance between work and lifestyle is perfect	31%	31%	32%	22%	33%	41%	31%	32%	35%	31%	33%	26%	31%	37%
Lifestyle is probably taking precedence over work	10%	10%	10%	7%	12%	9%	9%	11%	6%	5%	13%	12%	8%	11%
Lifestyle is definitely taking precedence over work	2%	2%	1%	1%	2%	3%	2%	0%	0%	2%	2%	2%	2%	2%
Not sure	3%	2%	4%	1%	5%	1%	4%	4%	6%	0%	0%	5%	3%	0%

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	41%	44%	37%	57%	36%	27%	38%	54%	35%	50%	40%	37%	40%	48%
Had to work from home at night	29%	28%	31%	32%	29%	25%	30%	30%	35%	19%	30%	23%	30%	34%
Had to work from home on a weekend	29%	26%	31%	32%	27%	26%	29%	27%	46%	24%	25%	19%	31%	35%
Missed a "lifestyle" engagement (like a virtual or live family gathering or leisure activity) because of work	27%	29%	25%	43%	23%	13%	23%	30%	35%	46%	29%	27%	27%	28%
Had to take a call on the cell phone while I was with family/friends	32%	34%	30%	40%	30%	25%	31%	43%	35%	38%	27%	33%	31%	36%
Had to reply to an e-mail while I was with family/friends	35%	34%	35%	45%	33%	23%	35%	39%	17%	31%	35%	30%	36%	38%
None of these	23%	20%	25%	8%	23%	44%	20%	18%	35%	28%	33%	29%	21%	17%

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			<\$50k	\$50k-\$100k	\$100k+
							Vancouver	Fraser Valley	Northern BC	Southern BC	Island			
Definitely has	14%	16%	12%	23%	10%	9%	13%	14%	35%	14%	15%	12%	15%	16%
Probably has	33%	34%	31%	45%	30%	21%	35%	36%	0%	38%	25%	33%	33%	33%
Probably has not	27%	24%	30%	15%	33%	32%	28%	25%	17%	21%	30%	30%	25%	26%
Definitely has not	22%	23%	20%	14%	22%	34%	20%	19%	42%	21%	30%	21%	22%	24%
Not sure	4%	3%	6%	3%	5%	4%	5%	5%	6%	5%	0%	3%	5%	1%

Poll conducted by Research Co. on Work in British Columbia - April 12, 2022

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	17%	19%	15%	20%	15%	18%	Vancouver	Fraser Valley	Northern BC	Southern BC	Island	17%	19%	17%
Roughly the same	34%	35%	32%	29%	40%	25%	34%	32%	41%	29%	32%	33%	35%	30%
Harder	43%	41%	45%	47%	38%	46%	40%	46%	17%	57%	50%	42%	40%	50%
Not sure	6%	5%	8%	3%	7%	11%	7%	5%	18%	5%	5%	7%	7%	2%