



2020 EDITION



# IS REMOTE WORKING?

How remote workers across the world feel about working remotely, how they live on a daily basis, and what they want to do when the world gets back to normal.



**WORKING DEN**

**EVERY SURVEY  
AND REPORT  
THIS YEAR HAS  
ASKED THE  
SAME BORING  
QUESTIONS  
– WE WANTED  
TO DIG DEEPER.**



**WORKING DEN**

IN THIS REPORT

## **YOU WILL LEARN**

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- What are remote workers doing when they are at home?
- Where are they learning from?
- Are they living healthily?
- Have they been taught how to work remotely?
- Are they set up to work from home correctly?

2020 ///

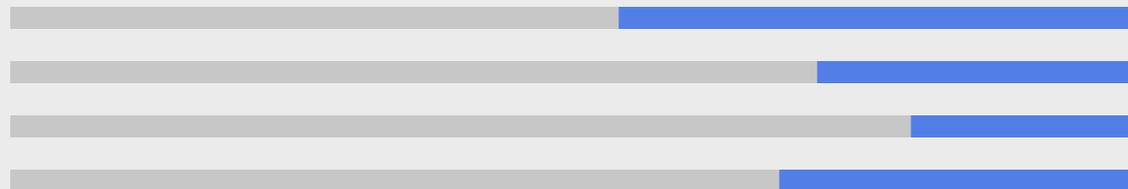
[www.workingden.com](http://www.workingden.com)

## HEADLINE

# STATISTICS

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- 58% of remote workers would rather work from home than any other "remote" location
- Only 46% of remote workers listen to podcasts
- 72% of workers do not have an ergonomic set-up at home
- 54% of those surveyed suffer from back pain
- 16% of remote workers feel depressed working from home
- 60% of those surveyed take vitamins on a daily basis
- 85% of remote workers exercise
- 56% of people either have a pet or now want a pet due to working from home
- 62% of people thought there should NOT be laws governing the amount of hours you work each day from home
- 84% of remote workers snack during the day
- 76% of people have had no training at all on how to work from home
- 72% of people listen to music whilst working from home



*Facebook is the most used social media channel*

*Social media is the main place that remote workers read or hear news stories*

*The United States is the top country that remote workers want to live in*

*Lack of interaction / sociability is the main concern for remote workers*

## THE PEOPLE

# WE SURVEYED

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We found people to take part in this survey in our Remote Working Tips Slack Group through numerous Remote Working Groups on Facebook and through Upwork.

The survey took place between the 5th of November 2020 and the 10th of November 2020.

To get a true universal picture we ensured that:

**50%**

*of those surveyed were full-time employees*



**50%**

*of those surveyed were freelancers*

We asked each person how long they had worked from home:

*Less than 1 year*

**48%**

*More than 5 years*

**22%**

*More than 1 year*

**18%**

*More than 3 years*

**12%**

- **48%** had been working from home for less than 1 year whilst **52%** had been working from home for more than 1 year.

98%

of people said they enjoyed working from home.

Not one person wanted to work from an office all of the time after life gets back to normal.

60% want a mix of home and office working



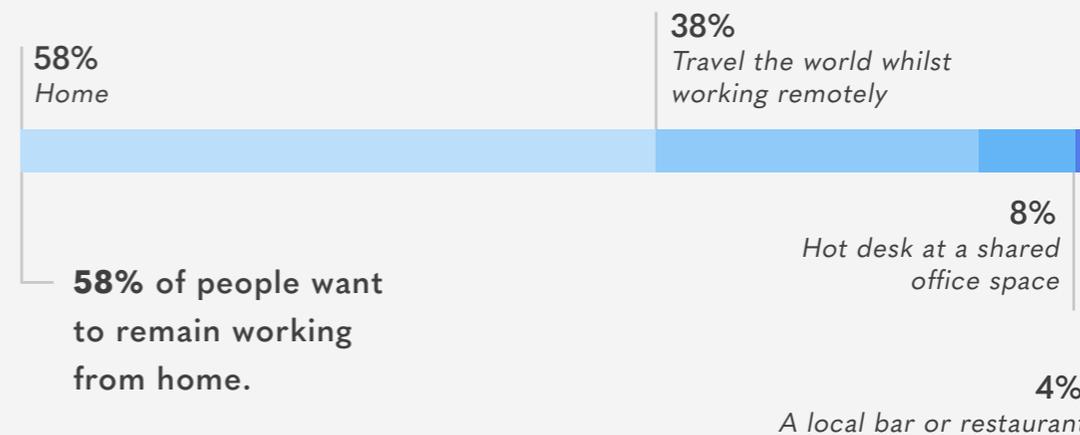
40% want to work from home all of the time



0% want to work from an office all the time



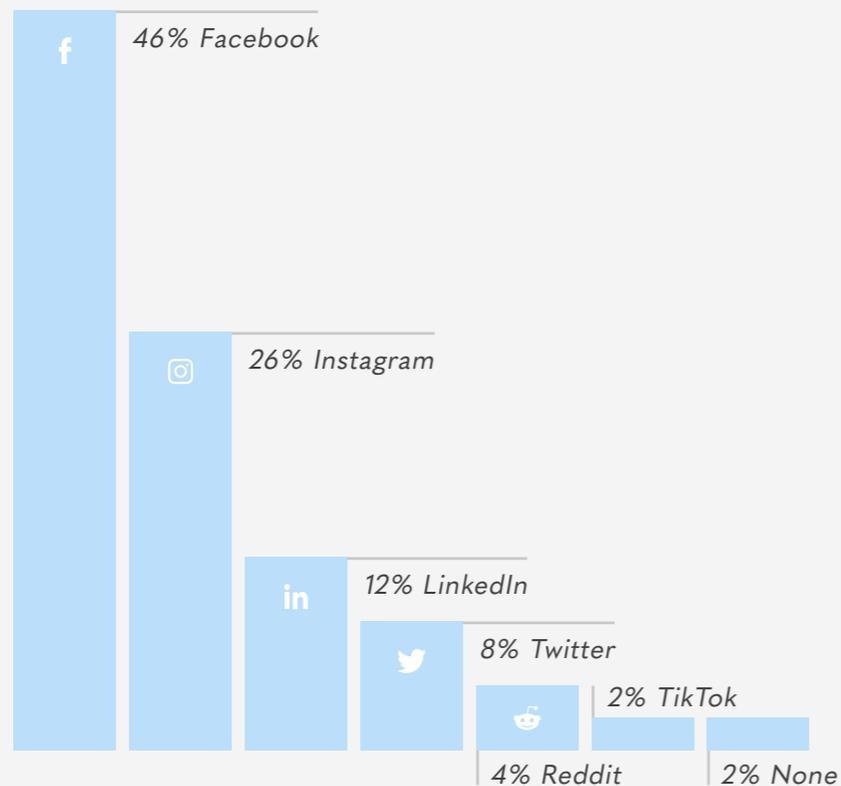
Where remote workers would prefer to work:



# SOCIAL MEDIA

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This is a breakdown of the most used social media channels.



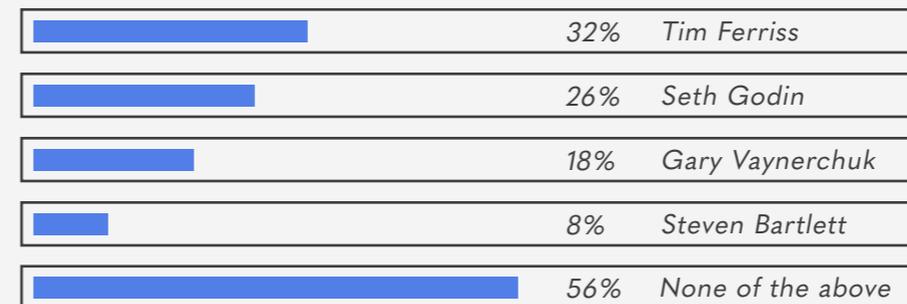
## Pages or groups that people follow

We asked people what groups or pages they follow on social media. Except for two people following the BBC page on Facebook, no two answers were the same. So there is no common page that remote workers follow.

## Where people read news

We asked what websites people get their news from. We allowed multiple answers for this, so some people chose more than one website. Surprisingly, most people tend to get their news from non-news websites and instead get them from Social Media (**28%** of people) and Google News (**18%** of people). The top news-specific sites were BBC News (**22%**), CNN (**16%**), and New York Times (**10%**).

## What business influencers have people heard of:



# PODCASTS

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54%

of remote workers  
**DO NOT** listen to  
podcasts.



- Joe Rogan was the top podcast that people listen to.
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HOME

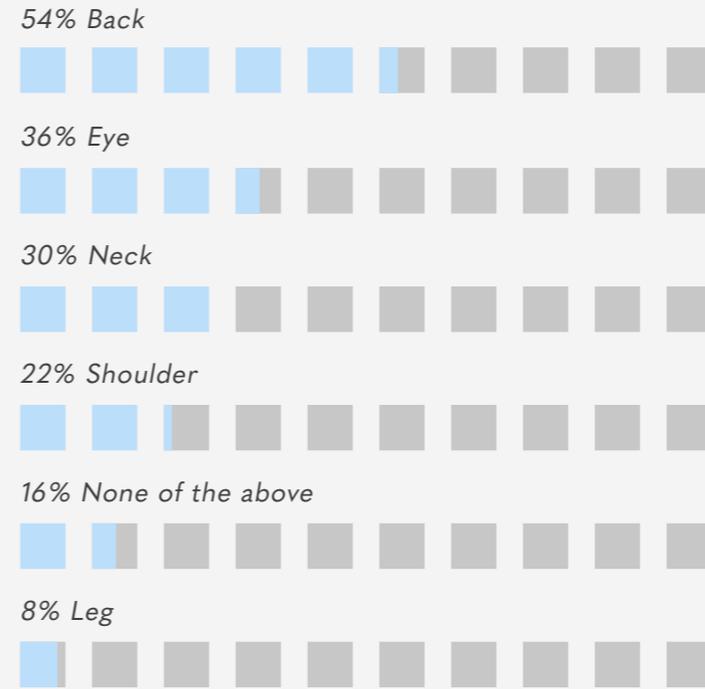
# OFFICE

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72%

of people do not have an ergonomic home set up.

Physical pain people have felt whilst working from home:



**54%** of people are experiencing back pain.

**82%** of people have considered getting new office furniture this year.



DAILY

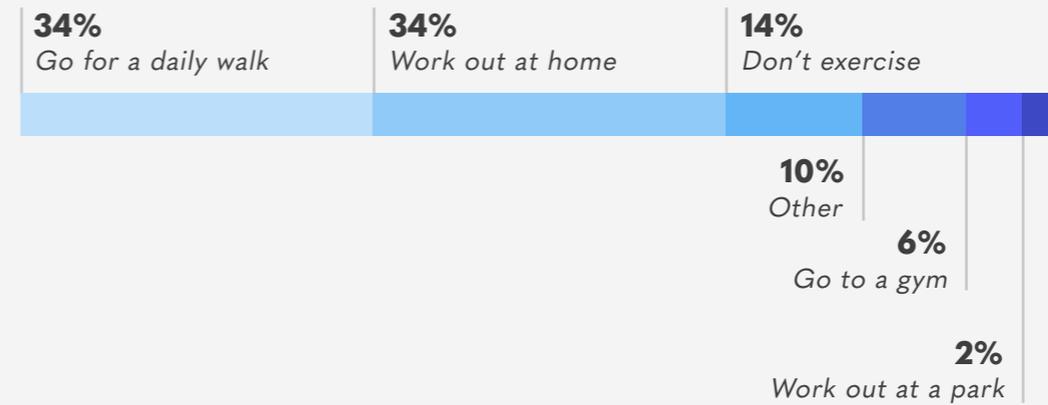
# EXERCISE

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84%

of people exercise  
whilst working from  
home.

A daily walk and home workouts are the biggest kind of exercise.



# EATING

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**92%** of people make their own lunch at home every day.

*92% make lunch at home*



*6% order from an app such as Uber Eats*

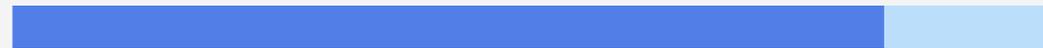


*2% go out and buy lunch*

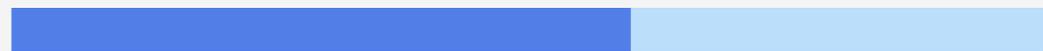


# 84%

of people snack whilst working.



AND



**60%** take vitamins every day.

WORKING FROM HOME

# CORRECTLY

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76%

of people have had  
no training on how to  
work from home.

BUT

76%

of people would pay for tools that  
could help improve their experience  
of working from home.

- **60%** of people would **NOT PAY**  
to have this training



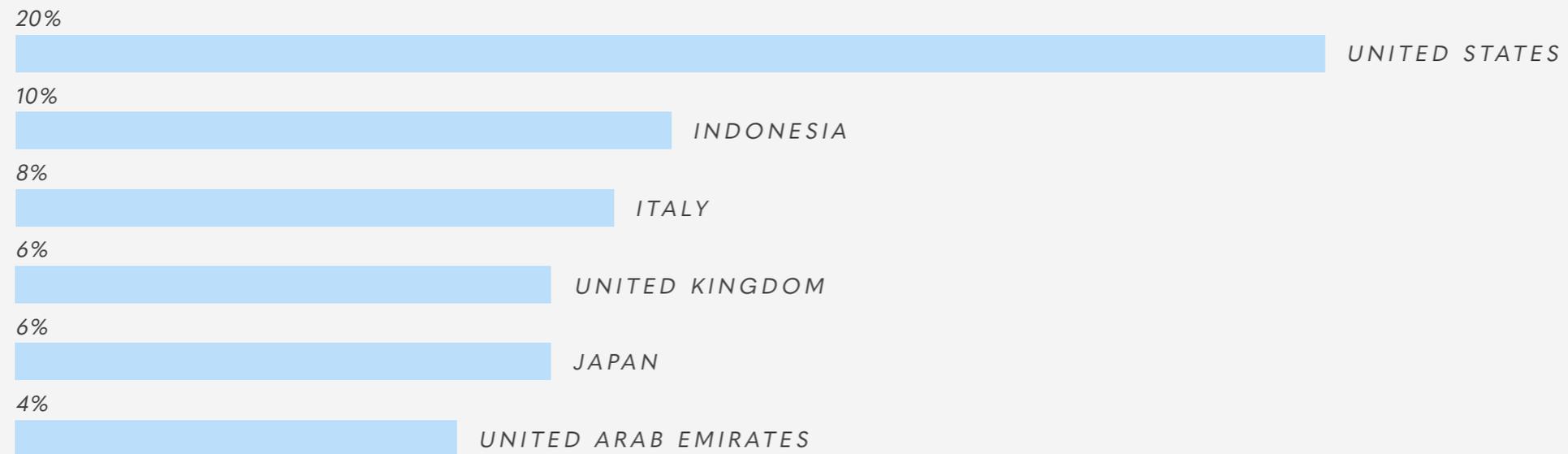
TOP

# COUNTRIES

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The United States was the country that most people would like to live in whilst they work remotely.

The top six countries were:



# HOW PEOPLE

# FEEL

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The biggest problem people have felt whilst working from home was anxiety.

16% Depressed



32% Anxious / Nervous



26% Burnout



2% Suicidal



48% None of the above



We have personally spoken to the people who have felt suicidal to try to get them help.

# THE BIGGEST PROBLEM WITH **WORKING FROM HOME**

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The four biggest  
problems when working  
from home are:

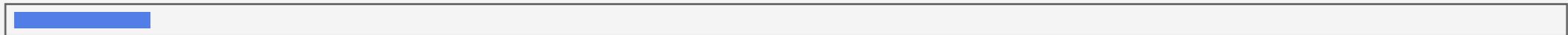
32% *Lack of interaction*



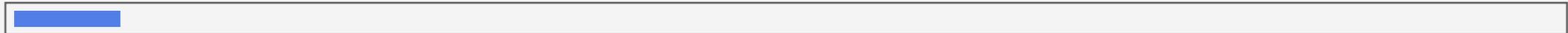
16% *Work life balance / working too much*



8% *Distractions*



6% *Not getting up / sitting down all day*



# WORKING HOURS

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Despite **16%** of people saying work life balance was their biggest problem when working from home

62%

of people think their should **NOT BE** laws on the number of hours that you are allowed to work from home.



**38%**

*Think their should be laws on the number of hours that you are allowed to work from home.*

**62%**

*Think their should **NOT BE** laws on the number of hours that you are allowed to work from home.*



MOVING  
**HOME**

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54%

of people have  
considered moving  
home in the past year.



46%  
of people have not  
considered it.

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# PETS

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56%

of people either have a pet  
or have considered getting  
a pet in the past year.



# MUSIC

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72%

of people listen to music whilst working from home.

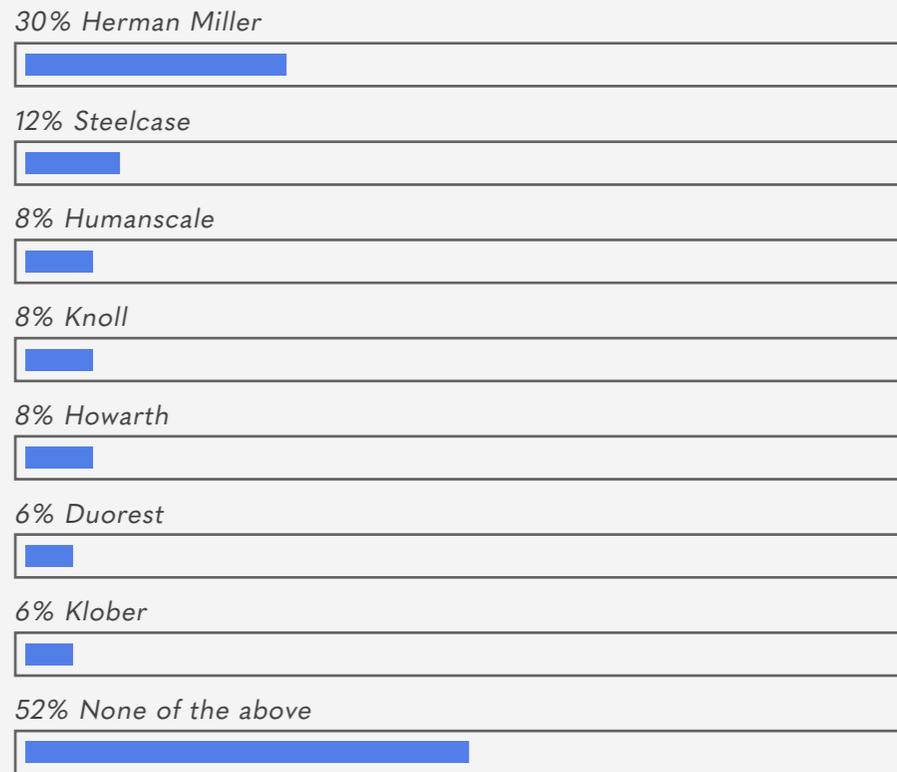


28% of people do not listen to music whilst working from home.

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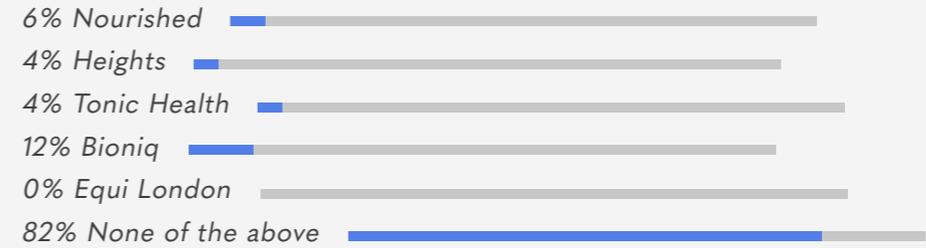
# BRANDS

Percentage of people who have heard of the following furniture brands:



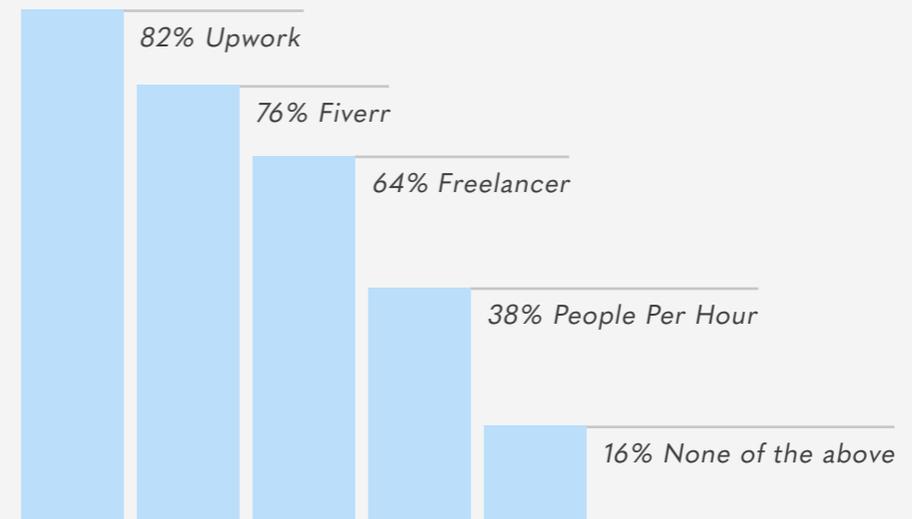
**52%** of people have not heard of any of the top home office equipment brands.

Percentage of people who have heard of the following vitamin brands:



**82%** of people have not heard of the top vitamin brands.

Upwork is the most well-known freelance website, closely followed by Fiverr.



**THANKS FOR  
TAKING THE  
TIME TO READ  
OUR REPORT,  
WE HOPE YOU  
FOUND IT  
INSIGHTFUL  
AND USEFUL.**



**WORKING DEN**

*Reach out to  
[bianca.delbao@gmail.com](mailto:bianca.delbao@gmail.com)  
with any press inquiries  
or questions.*

**What is Working Den?**

Working Den is a set of free tools that help improve the lives of those working from home. Learn more at [www.workingden.com](http://www.workingden.com)