

# survey results 2023.

the cost of money worries.



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The research for WEALTH at work was carried out online by Opinion Matters throughout 25/08/23 to 30/08/23 amongst a panel resulting in 1,019 full time UK workers responding.



# section 1.

financial wellbeing at work.





section 1: thinking about your financial wellbeing which of the following have you experienced in the workplace this year if any?



23%

of fulltime workers in the UK have struggled to concentrate at work this year because of money worries

16%

have incurred debts for the first time in their professional lives this year (excluding mortgage debt)

15%

say their productivity at work has decreased this year because of financial concerns

section 1 continued...

# 12%

have asked for a pay review at work  
this year

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# 11%

have shared financial concerns with  
their employer this year

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# 8%

have had to take time off work this  
year because of money worries

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# section 2.

personal financial issues.





## section 2: thinking about your financial wellbeing, which of the following have you experienced personally this year, if any?

28%

of fulltime workers in the UK  
have lost sleep this year over  
money worries

18%

have had an argument with a  
family member or friend about  
money this year

26%

have felt embarrassed by money  
worries this year



section 2 continued...

12%

have sought help from a health professional because of stress caused by their financial situation this year



17%

have felt motivated by money worries

18%

have been reduced to tears this year by money worries

17%

have felt too proud to talk about financial concerns this year



# section 3.

support from employers.



section 3: when it comes to getting help to understand your finances, how supported, if at all, do you feel by your workplace?



41%

don't feel supported by their workplace

# contact us.

[wealthatwork.co.uk](https://wealthatwork.co.uk)

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