



COVID-19 impact study suggests improved relationships amidst challenges

Data reveals half of America wants a hug

Despite setbacks from COVID-19, many parents see a silver lining during this period

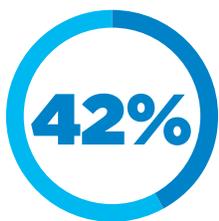
While the pandemic has affected different people in different ways, a recent Cigna-M/A/R/C® Research survey uncovers a few silver linings.* Many report stronger relationships with children, significant others and therapists, results driven more by men than women. Also, individuals who are more resilient are more likely to report better overall health, are more physically active and are more likely to stay in contact with their family.



of parents say their **relationships** with their kids **changed for the better**; **30%** say they are significantly better

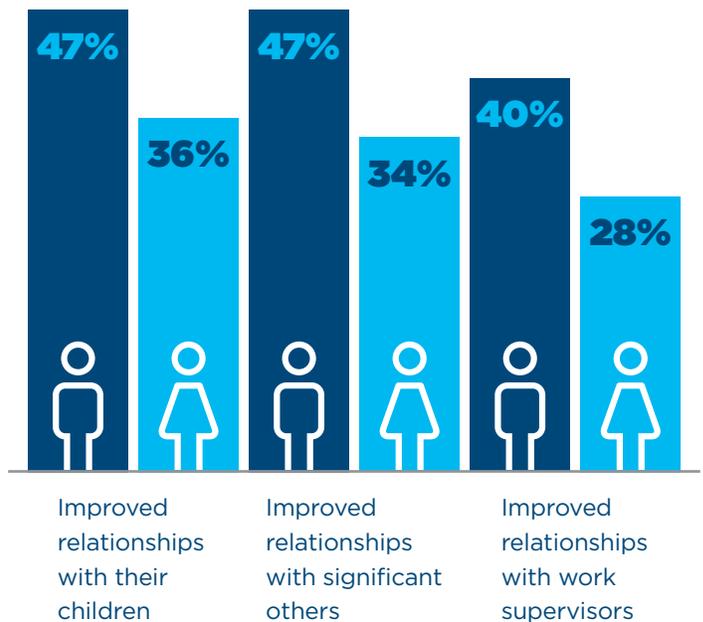


of adults say their **relationships** with significant others **improved** during the pandemic



of those surveyed report an **improved relationship** with a therapist

Men report more significant improvement across relationships compared with women.



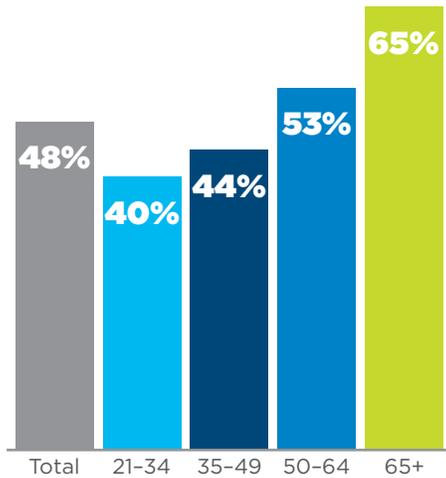
Once it's safe, hugs are high on the list of post-pandemic activities

Once the pandemic is over, people are looking forward to dining in restaurants, vacationing, seeing family and friends in person, and giving hugs more often.

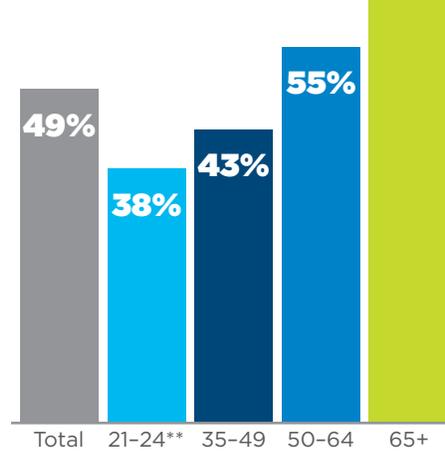
Top five activities consumers are looking forward to, by age group

Q: Which of the following activities, if any, are you looking forward to doing more often, once it's safe and the pandemic is over?

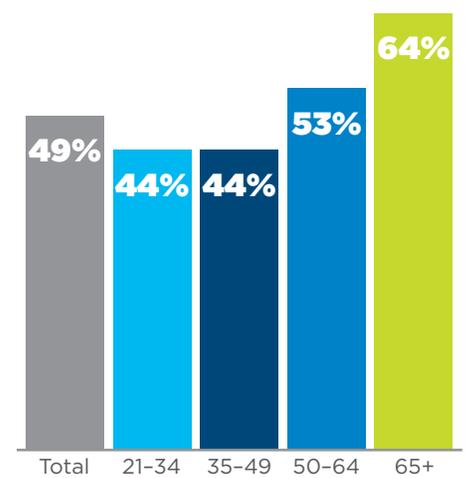
Give hugs



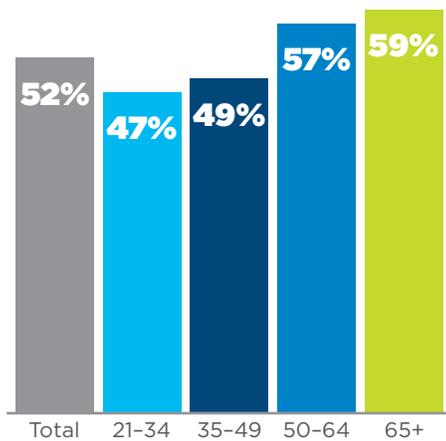
See family members in person



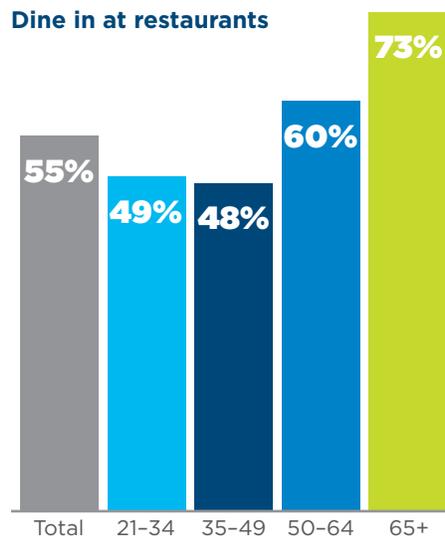
See friends in person



Go on vacation



Dine in at restaurants



The nationwide survey was conducted in February 2021 by Cigna and M/A/R/C Research to better understand the impact of the COVID-19 crisis on the health and lives of U.S. consumers 21 years and older. For more details, view the M/A/R/C research summary: [COVID-19's Impact on Health Care Attitudes and Practices.](#)

People with higher resilience are more likely to report better overall health than those who are less resilient

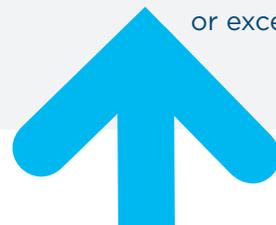
While the vaccine rollout is encouraging, this study suggests that building and maintaining resilience remains important during the pandemic. People with higher resilience report managing all health and well-being dimensions better than those with lower resilience.

64%

of the more resilient group say that their health is very good or excellent

41%

of the less resilient group say that their health is very good or excellent



Percent managing health and well-being dimension extremely and very well by resilience level

Q: How well are you currently managing your health and well-being in each of the following areas?

	TOTAL	LOW-MEDIUM	HIGH
	n=1,695	n=963	n=732
Family life	50%	35%	71% ↑
Romantic relationships	50%	35%	67% ↑
Career/Work life	45%	32%	63% ↑
Mental health	43%	29%	61% ↑
Physical health (general health, sleep, exercise and diet)	40%	27%	56% ↑
Financial situation	35%	23%	51% ↑
Social life (friends and hobbies)	35%	22%	51% ↑

↓↑ = Significantly lower/higher than corresponding column (90% confidence interval)

Curious about your own resilience level?

A new questionnaire is available on [CignaResilience.com](https://www.cigna.com/resilience) to help people measure how resilient they are today and offers advice to help build resilience for tomorrow.

How employers can help

Employers can help strengthen workforce resiliency — and help bolster health and overall well-being — by providing an array of support resources that are meaningful to their diverse employee population. To find out more, please visit [CignaResilience.com](https://www.cigna.com/resilience).



*All findings from a M/A/R/C® Research online survey on behalf of Cigna (COVID-19's Impact on Health Care Attitudes and Practices, Wave 4), conducted mid-February 2021 among 1,695 U.S. consumers 21 years and older. **In this age group, seeing family members ranked at number 6. The other top five activity this group was looking forward to was attending a movie, concert or sporting event in an indoor venue (44%, ranked at number 3).

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