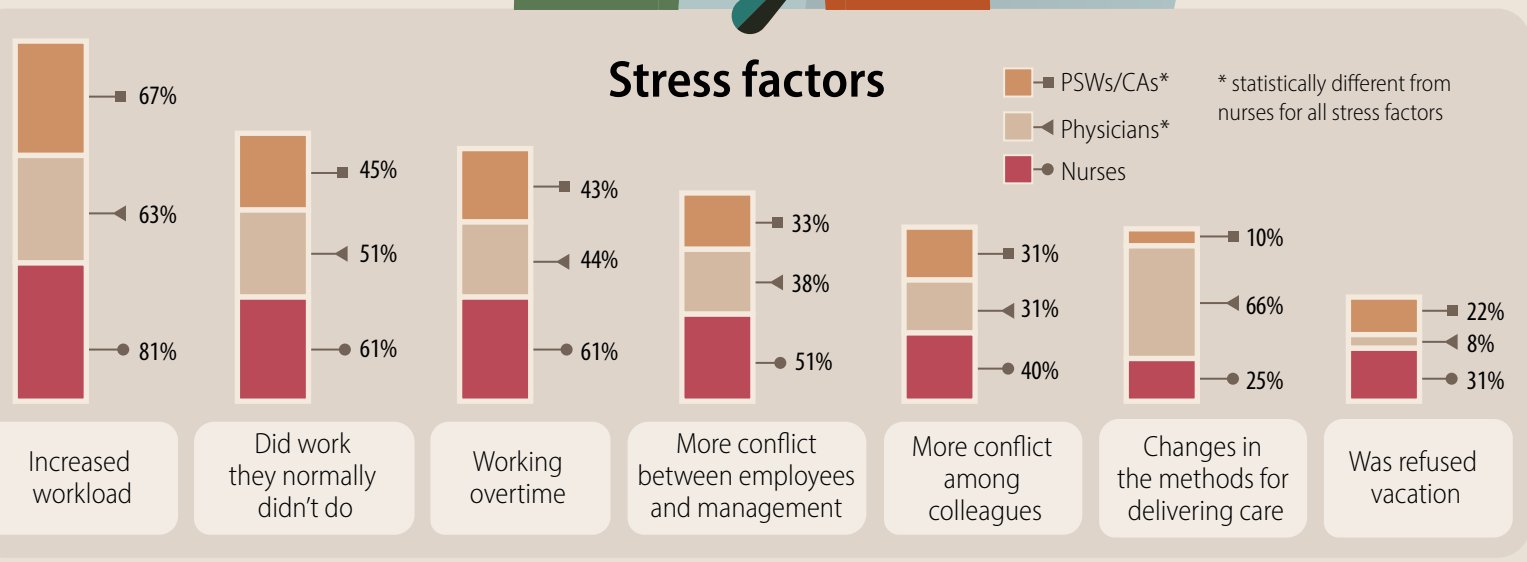
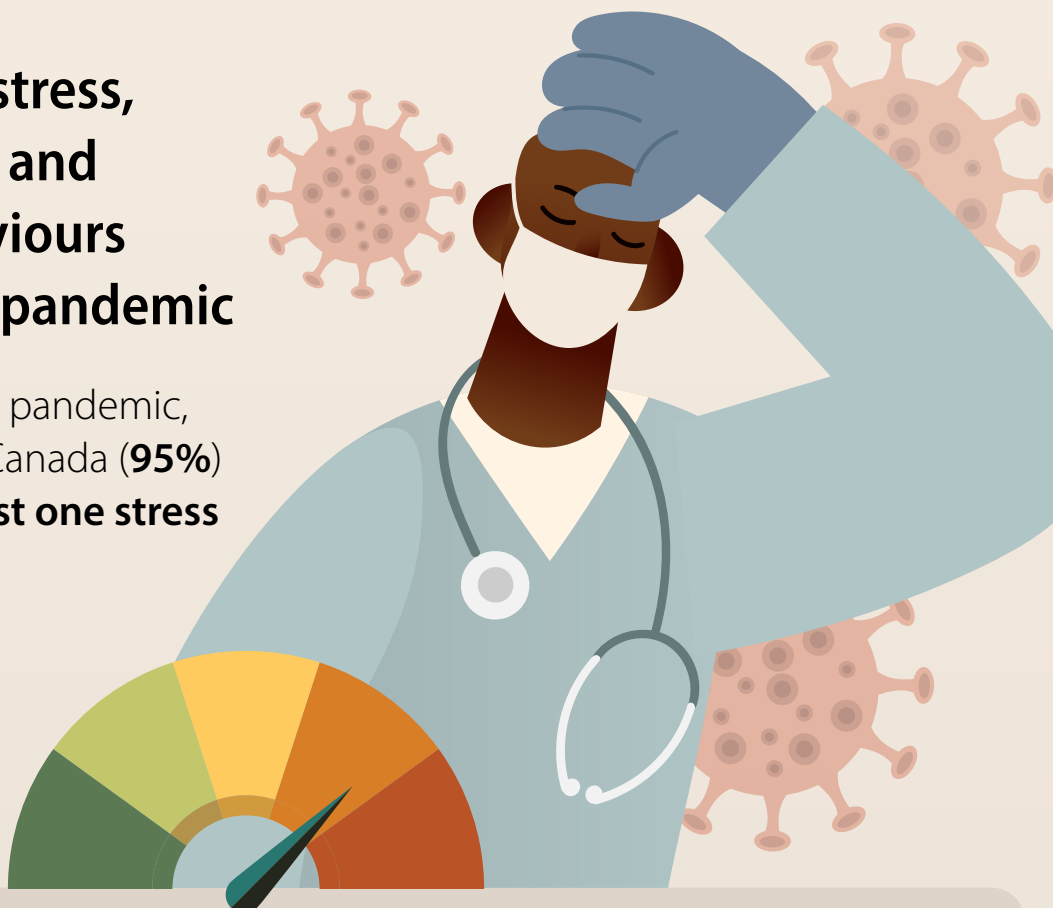


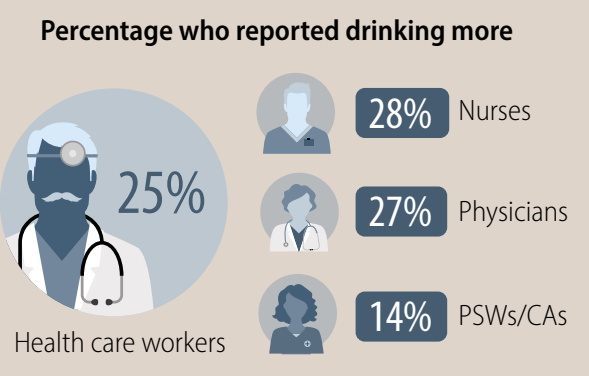
Health care workers' stress, alcohol consumption and positive health behaviours during the COVID-19 pandemic

In 2021, during the COVID-19 pandemic, most health care workers in Canada (**95%**) reported experiencing **at least one stress factor** in the workplace.

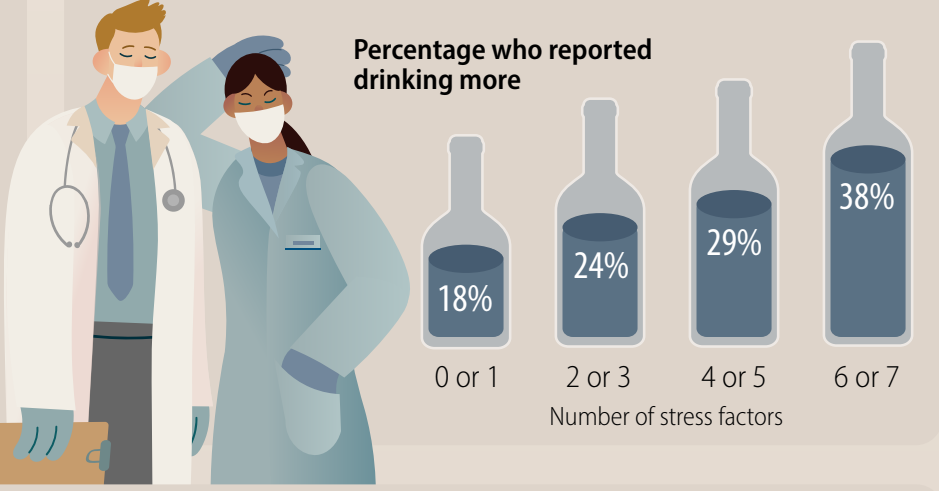
For almost every stress factor below, a higher percentage of nurses than physicians or personal support workers (PSWs) and care aides (CAs) said they experienced it.



1 in 4 health care workers reported drinking more than before the COVID-19 pandemic.



The higher the number of workplace stressors experienced, the more likely alcohol consumption increased among health care workers.



Most health care workers reported doing activities such as communicating with others and exercising to improve or maintain their health during the pandemic.



Source: Statistics Canada, "Experiences of health care workers during the COVID-19 pandemic, September to November 2021," *The Daily*, June 2022, and Survey on Health Care Workers' Experiences During the Pandemic, 2021.

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