



# Residential Construction Industry Insights

Key Insights from the 2025  
LIVEWELLBUILDWELL IPSOS  
Wellbeing in Construction  
Survey



**SWIPE FOR MORE**



# What's really going on in construction?



After three years of data, we now have a clear picture of how people in residential construction are doing and where support is working. Here's what the 2025 survey tells us.



3 years of insight. 1 clear direction.

01

# Stress Levels Improving

Good news! Stress is decreasing in residential construction. Fewer workers report feeling stressed out on the job. Things are looking up!



02

# Workmates matter more than ever

The #1 action people take to support their wellbeing? Talking to workmates. Connection on site continues to be the strongest protective factor. Chat with your crew!



Peer connection is the top support

04

# Tradies are taking action

More workers are actively looking after their mental fitness. From chats to exercise to routines, people are taking initiative. Keep it up!



Culture shift from reactive to proactive coping strategies

03

# Wellbeing vs. NZ Average

Tradies are reporting better emotional wellbeing and less loneliness. Still, overall scores haven't quite caught up to the national average yet. Let's keep going!



94% say work-life balance is important, but only two-thirds are satisfied

05

# Work-Life Balance

Work-life balance is super important, but many aren't satisfied. This hasn't improved much lately. Something's gotta give!



06

# LWBW Awareness

Awareness of LiveWellBuildWell is growing fast. More people are using tools to manage stress. Tripled since 2023!



Live Well, Build Well  
Waihangā Ora

FREE ONLINE  
**MENTAL FITNESS**  
COURSE

Hosted by  
**SITE SAFE**  
Te Kaitiaki e Hauauru



[www.sitesafe.org.nz/lwbw](http://www.sitesafe.org.nz/lwbw)



38% listening to tradies' mental health stories

07

# Programme Impact

Users say LiveWellBuildWell helps manage stress, improve habits, think clearly and start conversations. Simple tools, real impact!



# Key Progress Highlights



Stress levels are decreasing, showing a positive trend since 2023.

Workmate connection is crucial; peer support is the top action.

Awareness of LWBW has tripled, indicating growing programme reach.



# Social Connection: The Most Powerful Tool



In all three years, talking to workmates about non-work topics ranks the top self-reported wellbeing action

LWBW supports this through content that normalises emotional conversations, including the popular "RafChats" and Champions programme.



# Download the full 2025 report



Want the full breakdown?  
Insights, trends, comparisons  
and what's next for the  
industry — all in one place.

[livewellbuildwell.com/research](https://livewellbuildwell.com/research)

