



#### Residential Construction Industry Insights

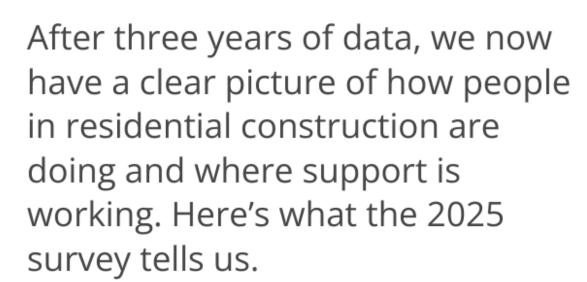
Key Insights from the 2025 LIVEWELLBUILDWELL IPSOS Wellbeing in Construction Survey



**SWIPE FOR MORE** 



# What's really going on in construction?









# Stress Levels Improving

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









### 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!









## 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!







#### 23%reporting poor wellbeing



### 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!



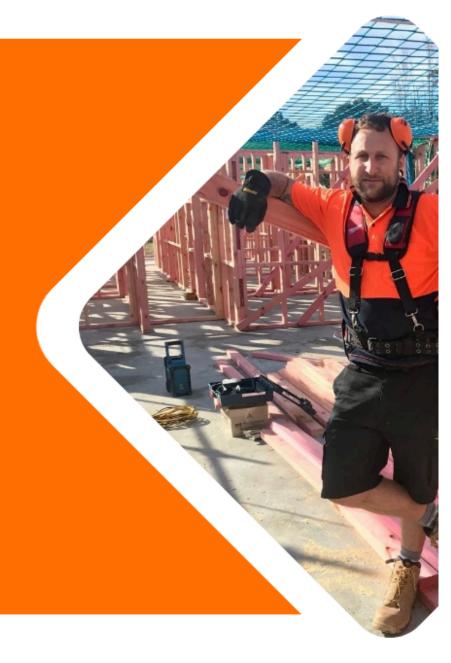






## Work-Life Balance

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



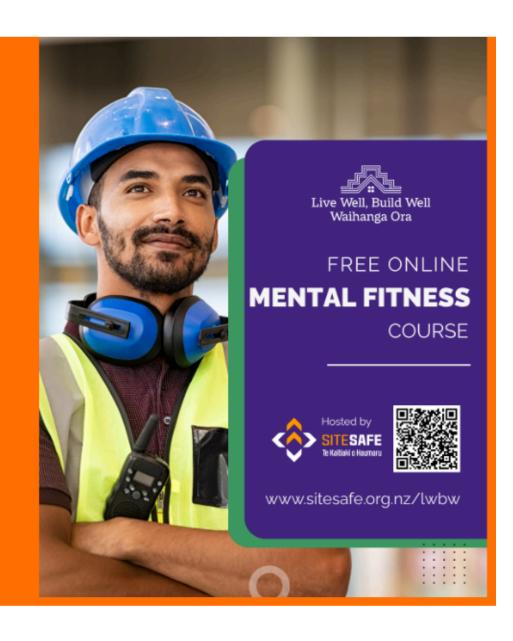






#### LWBW Awareness

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









### 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 nonwork 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



livewellbuildwell.com/research



