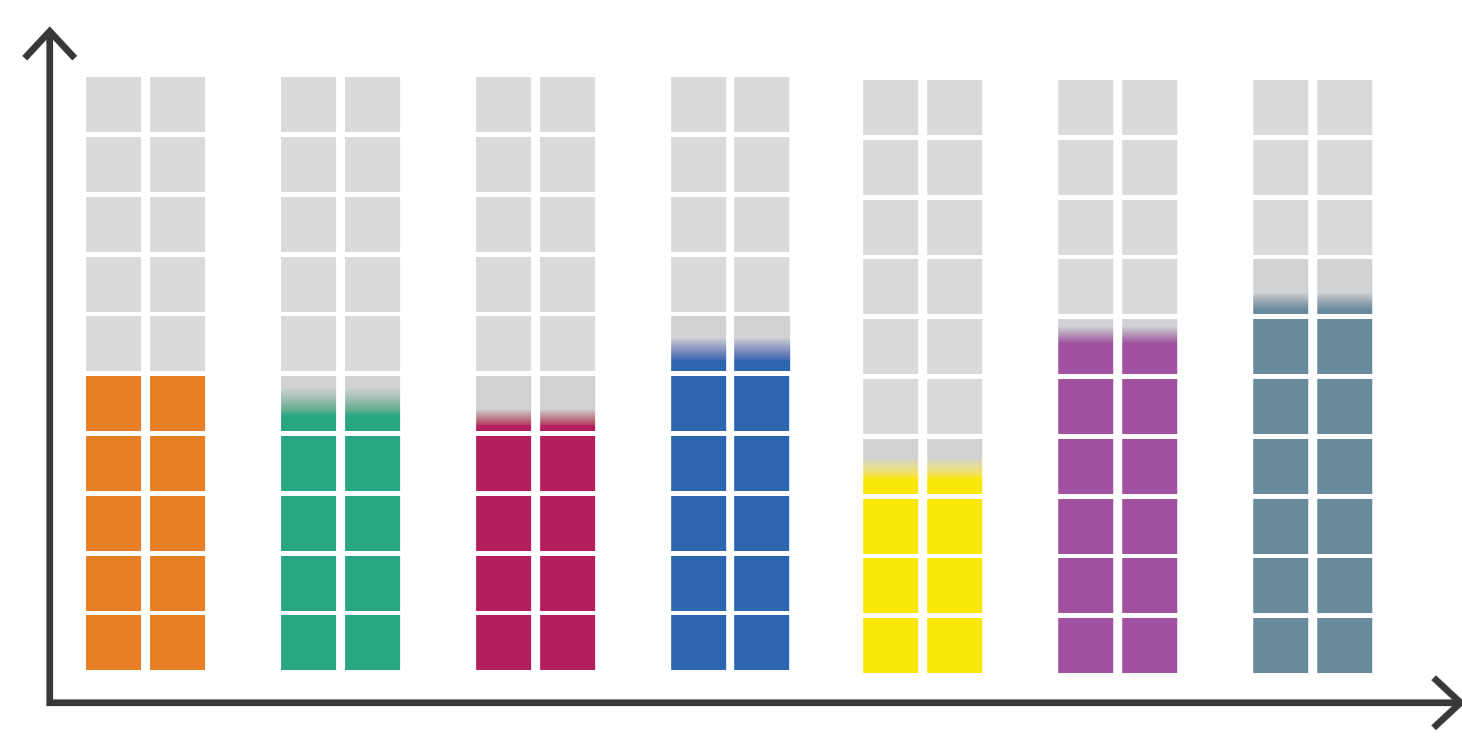
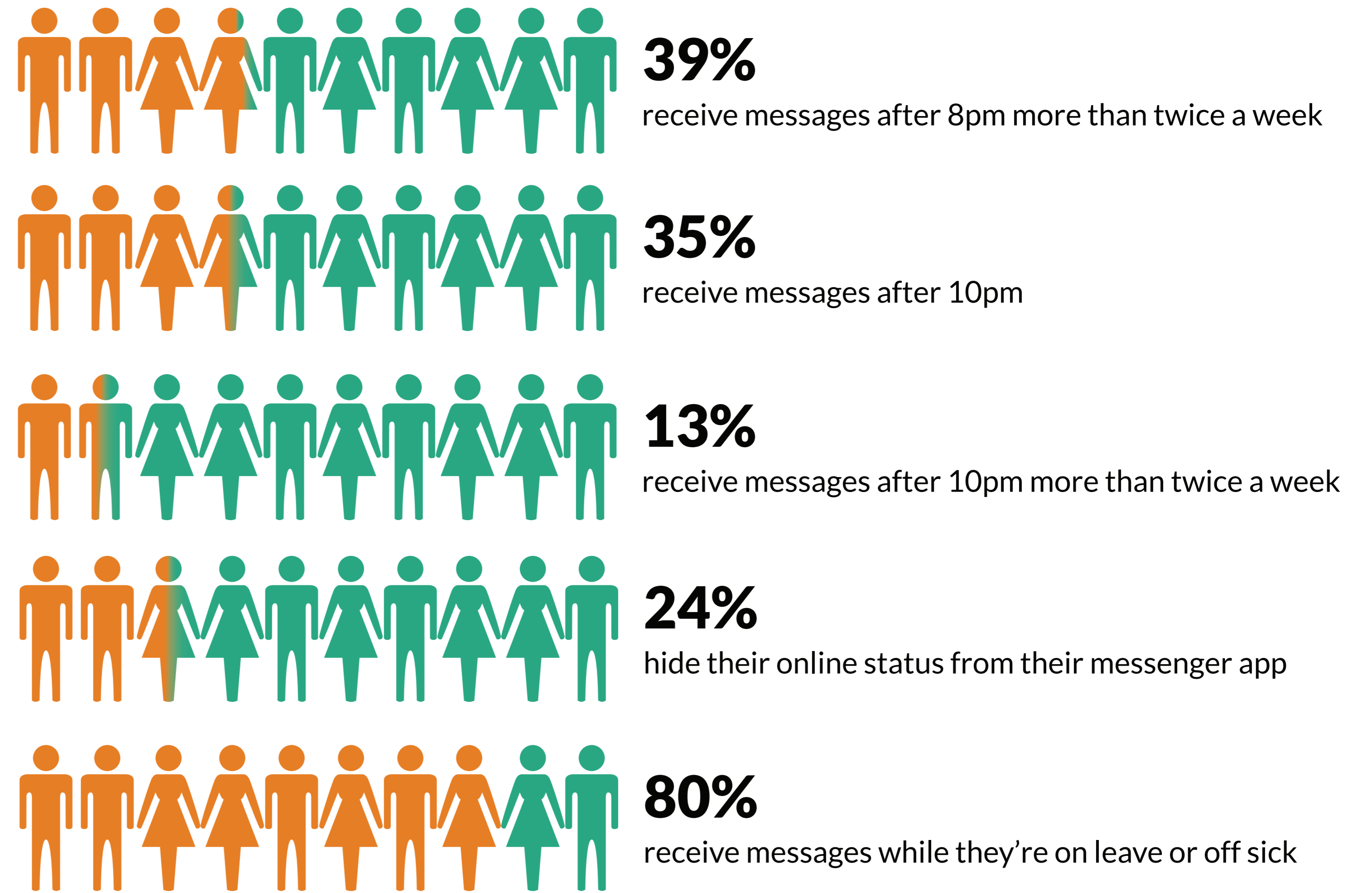
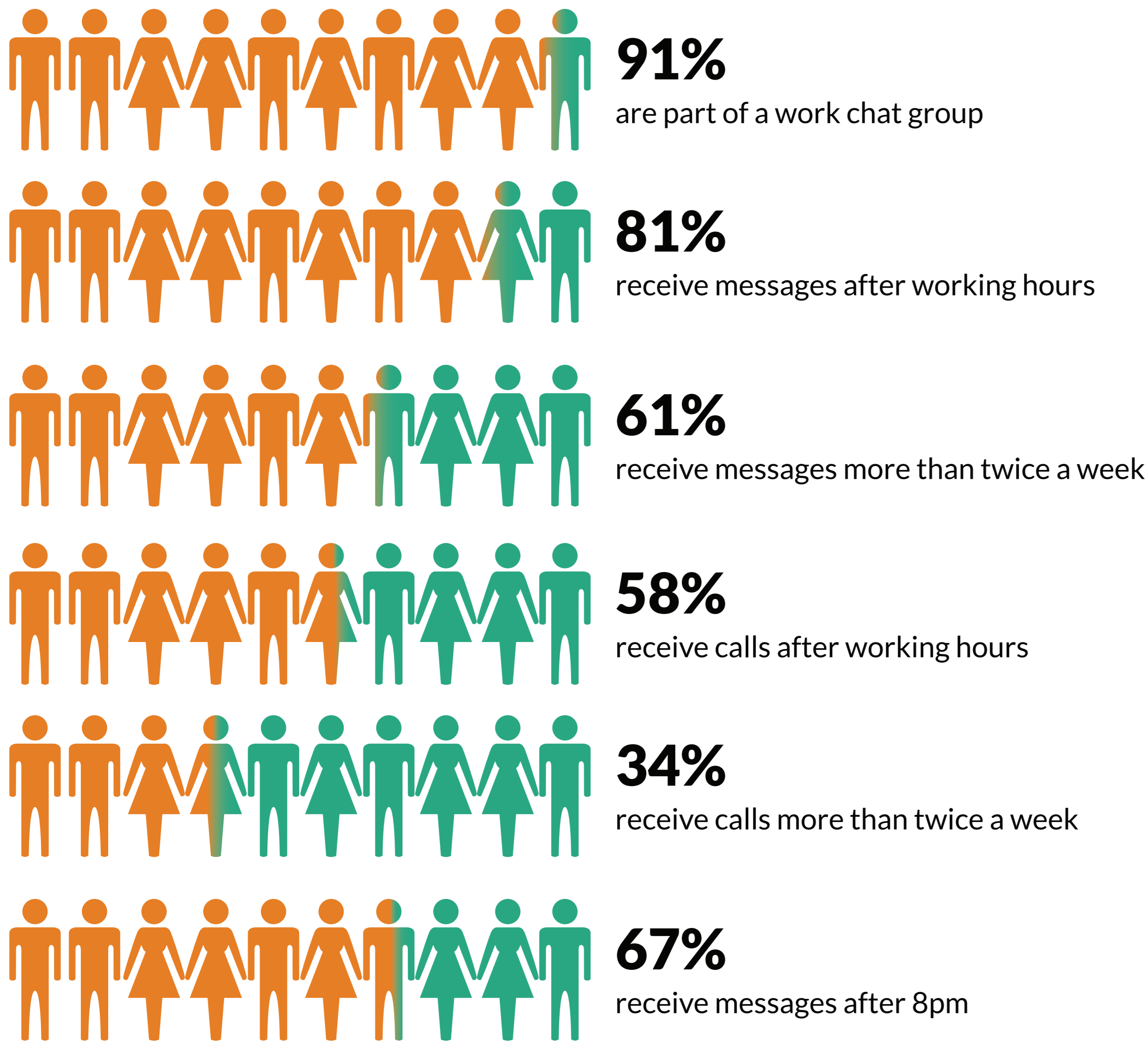


Effects of Office Chat Groups

Survey Results

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- **50%** are able to switch off mentally
- **47%** feel guilty when they do not respond immediately
- **42%** feel that office chat groups make them more anxious
- **56%** feel that office chat groups are interfering with their personal time
- **35%** said they'll perform better at work if they were not on a chat group
- **59%** said they'll perform better at work if their private time outside of working hours were respected
- **62%** said they'll be less anxious and stressed if they had downtime

