

How Freelancing can Negatively Impact

Mental Health

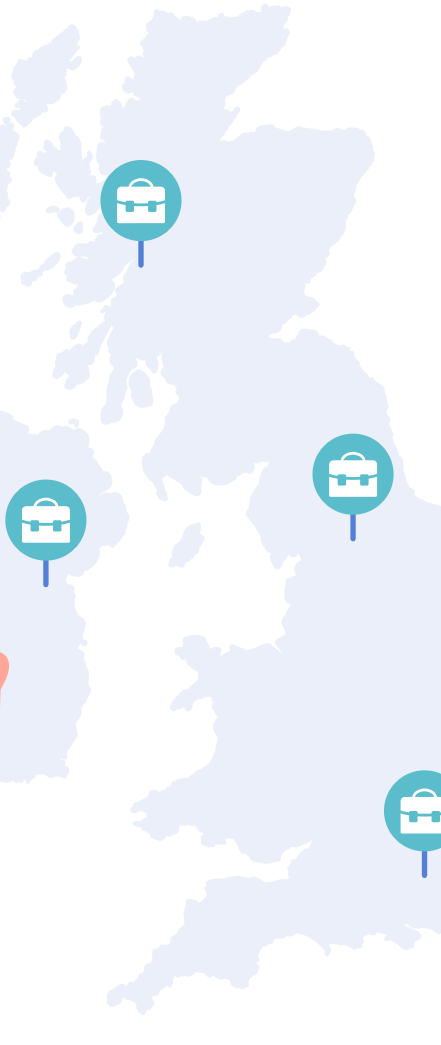


And Steps You Can Take to Avoid Poor Mental Health if You Are Freelancing



Freelancing is a rapidly growing

part of the worldwide economy, particularly in the **United Kingdom**.



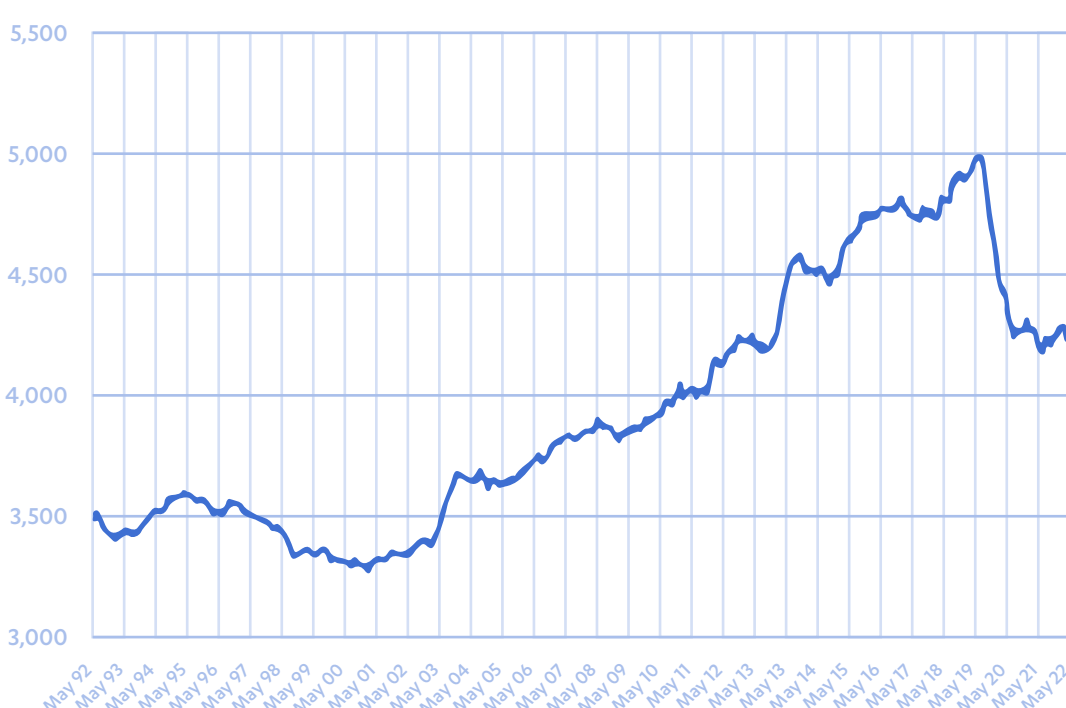
Since 2000 the number of freelancers in the UK has grown from



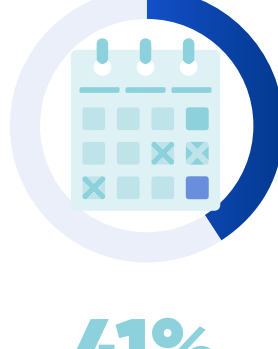
3.2 million to more than **4.4 million**

in 2023, [6] contributing an estimated £162 billion to the economy [2]

Number of Workers in Thousands



Some Statistics Relating to Freelancers and Poor Mental Health



41%

Of sole self-employed had to take time off due to stress, anxiety or poor mental health. This is less than the mandatory legal right for employees in the UK [1]



81%

Are concerned about the increased cost-of-living [1]



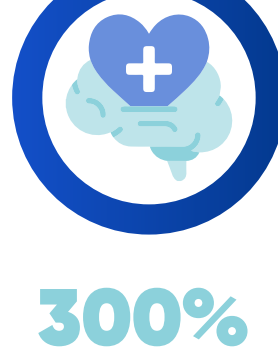
32%

Reported high-stress levels during the covid pandemic, 29% reported lower job satisfaction levels [2]



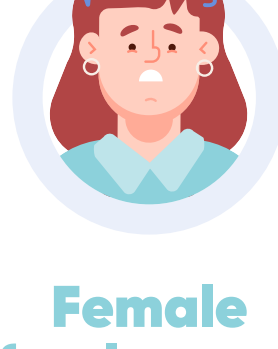
55%

Considering leaving self-employment during 2022 [1]



300%

In creative sector more likely to experience mental health issues [2]



Female freelancers

suffer an uncommon level of stress.

How Freelancing Can Negatively Impact Workers' Mental Health

- Needing to know about managing their own finances
- Being unable to find work / projects
- Poor communication / briefing from clients
- Need for savings or emergency funds to cover costs if not working
- Irregularity of income, made worse by the fears of cost-living, the looming recession and inflation.
- Working too long hours
- Feeling unproductive creates significant anxiety or stress – affected 80% of those surveyed [1]
- Guilty around taking time off
- Feeling like they aren't able to focus

- Not as many holidays as employees
- Feeling isolated / disconnected
- Suffered from a lack of confidence when dealing with clients (80% of those surveyed) [2]
- Charging lower rates for work
- Not putting yourself forward for a project
- Less able to chase an overdue invoice
- Not challenging difficult requests from clients

Strategies for Improving Mental Health Whilst Freelancing

- Set boundaries between work and personal time with yourself and your clients
- Stay connected with friends, family, and other freelancers to reduce feelings of isolation

Prioritize physical self-care

- Get regular exercise
- Eat healthy
- Maintain a good sleep pattern
- Take regular breaks

Stay organized: Having a clear and organized schedule - Use tools like

- Project management software
- Calendars
- To-do lists

Celebrate your achievements

Find a hobby

Get professional help if necessary

Organisations Providing Help:



References

- Leapers Annual Report Mental Health of Freelancers and the Self-Employed in 2022 – interviewed 691 freelancers – [HYPERLINK "https://www.leapers.co/resea HYPERLINK "https://www.leapers.co/research/2022/report/r HYPERLINK "https://www.leapers.co/res HYPERLINK "https://www.leapers.co/research/2022/report/e HYPERLINK "https://www.leapers.co/research/2022/report/arch/2022/report/ch/2022/report/](https://www.leapers.co/resea)
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