Global People Resilience Study 2026

Mexico

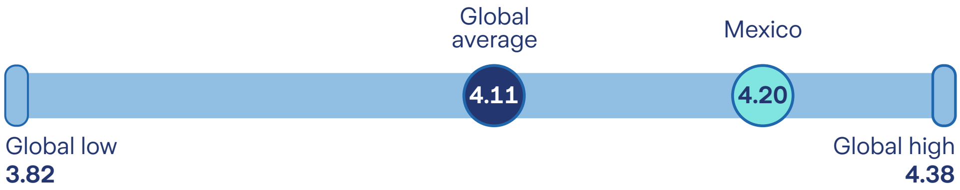
Workforce Resilience Profile

Financial preparedness is Mexico's biggest opportunity to strengthen resilience. Psychological wellbeing is a strong force behind it.

Mexico - Workforce Resilience Profile

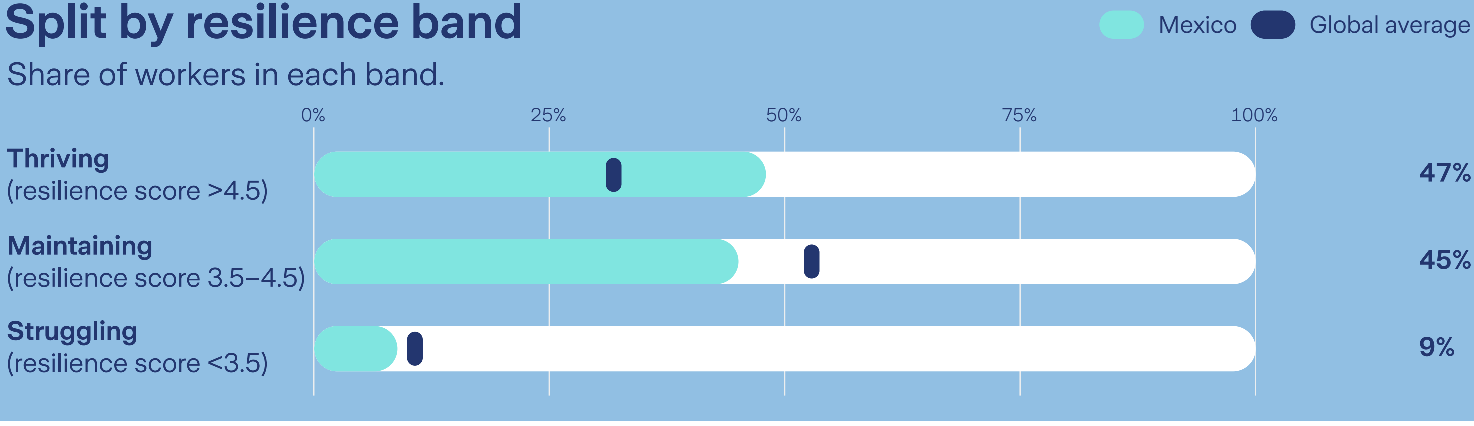
ZURICH

Overall resilience

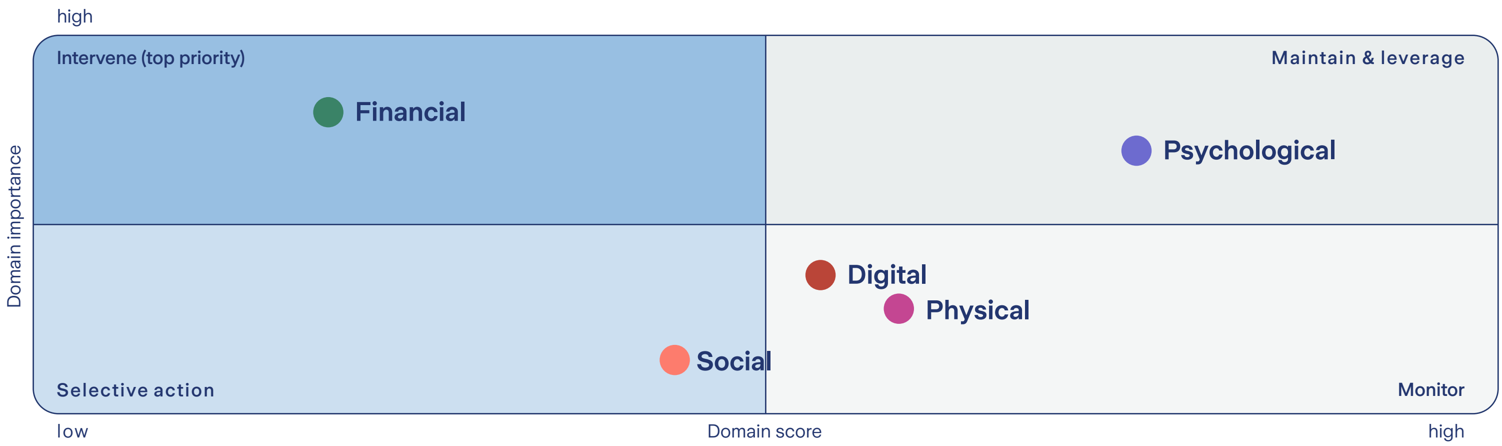


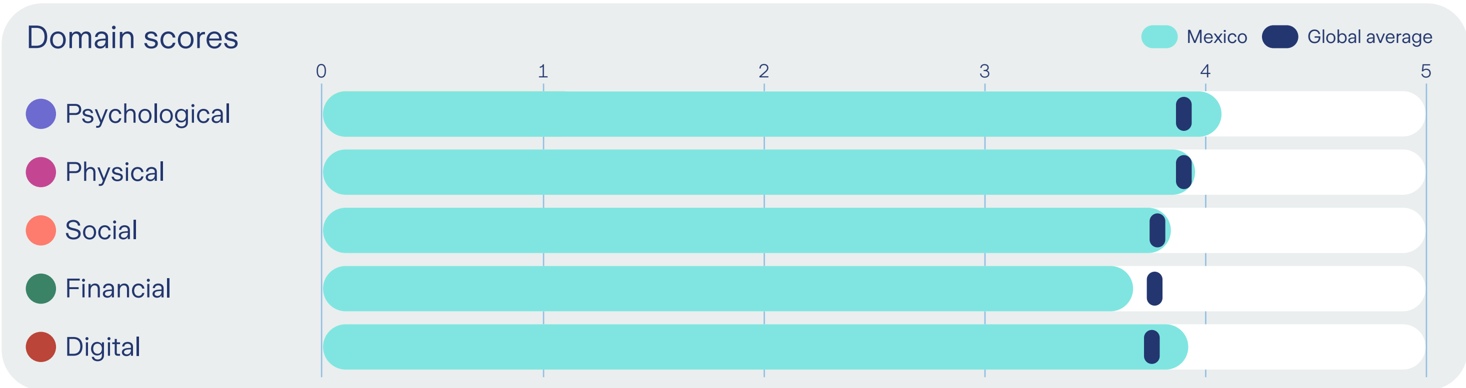
Split by resilience band

Share of workers in each band.



What drives resilience — and where to act





What this means for businesses and leaders

Resilience pays off at work.

89% of highly resilient employees (score >4.5) report good or excellent performance, compared to just 51% of those with low resilience (score <3.5).

Financial is the clearest opportunity.

It is the strongest driver for overall resilience and scores lowest of all domains.

Social is a soft spot.

It scores among the lowest domains.

Personal Resilience Index · Country Profile · n = 1,028

Benchmark: pooled 16-country average. Importance: each domain's weighted contribution to resilience. Bands: Thriving above 4.5, Maintaining 3.5–4.5, Struggling below 3.5.

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How's Mexico looking?

Income is the sharpest demographic divide

Top earners score 4.39,
against 4.01 for the lowest earners.

Highest scoring items

Confidence reaching goals and
drive to learn new skills score highest.

Lowest scoring items

Savings buffer and confidence in
insurance meeting needs score lowest.

Four emerging catalysts of resilience

Financial resilience

59%

do not have a savings buffer (vs. 49% globally)

Digital fluency

31%

use generative AI daily (vs. 32% globally)

Caregiving

71%

of workers are caregivers (vs. 63% globally)

Sleep

11%

report poor sleep quality (vs. 17% globally)

Forward, into action

Our recommendations for businesses and leaders in Mexico

Build financial preparedness first.

Prioritize short-term savings support and access to insurance cover to help workers recover financially.

Strengthen social connection.

Add peer-support, team trust and community-building programs.

Target the income gap directly.

Lower earners score lowest. Target this group, rather than using a one-size-fits-all approach.