

Detailed Tables #1 February 12-14, 2002

What are the main causes of stress in YOUR life ?

		REGION TYPE		REGION						INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
TOTAL MENTIONS												
Base: All respondents												
Unweighted Base	1002	196	806	151	100	100	299	252	100	260	337	329
Weighted Base	1002	182	820	131	90	70	378	252	81	264	338	327
Work/Job	43%	38%	44%	43%	39%	34%	42%	50%	40%	27%	47%	56%
Finances	39%	36%	39%	41%	47%	42%	45%	25%	39%	45%	38%	37%
Children	10%	15%	9%	9%	10%	11%	12%	9%	6%	4%	11%	14%
My health	7%	9%	7%	10%	7%	5%	6%	8%	12%	10%	6%	6%
School	5%	3%	6%	2%	4%	6%	7%	5%	8%	8%	5%	2%
Too much to do/Too little time	4%	4%	4%	3%	3%	4%	4%	4%	6%	2%	3%	6%
Family members/ personal relationships	3%	1%	4%	2%	4%	6%	4%	4%	1%	2%	3%	3%
Spouse/Partner	3%	5%	3%	7%	8%	4%	3%	2%	1%	3%	5%	3%
Traffic/ driving	3%	1%	3%	2%	4%	-	2%	5%	-	3%	3%	2%
None/No stress in my life	10%	11%	9%	8%	6%	10%	10%	10%	14%	12%	9%	6%
Other family members' health	3%	2%	3%	4%	3%	5%	2%	2%	1%	2%	2%	2%
Politics/ government	2%	3%	2%	6%	5%	2%	1%	2%	1%	3%	2%	3%
Pace of life	2%	1%	2%	-	1%	2%	0	5%	3%	2%	1%	2%
Home	2%	3%	2%	1%	3%	1%	2%	3%	1%	3%	1%	2%
Other	9%	12%	9%	9%	9%	9%	6%	16%	6%	14%	11%	5%
Don't know	1%	1%	1%	-	1%	-	0	2%	3%	2%	1%	0

		AGE			GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
TOTAL MENTIONS										
Base: All respondents										
Unweighted Base	1002	288	470	236	502	500	108	237	415	236
Weighted Base	1002	338	384	273	491	511	111	236	412	236
Work/Job	43%	52%	50%	24%	48%	39%	20%	39%	45%	56%
Finances	39%	44%	39%	32%	37%	41%	44%	35%	43%	33%
Children	10%	6%	16%	7%	8%	12%	4%	11%	11%	9%
My health	7%	2%	7%	15%	5%	9%	8%	6%	8%	7%
School	5%	16%	0	-	4%	6%	5%	7%	5%	5%
Too much to do/Too little time	4%	3%	6%	3%	1%	6%	3%	4%	3%	6%
Family members/ personal relationships	3%	3%	4%	3%	2%	4%	5%	3%	3%	4%
Spouse/Partner	3%	4%	3%	3%	3%	4%	4%	4%	4%	2%
Traffic/ driving	3%	4%	2%	1%	3%	2%	1%	3%	2%	4%
None/No stress in my life	10%	4%	5%	22%	9%	10%	15%	13%	7%	7%
Other family members' health	3%	1%	4%	3%	2%	3%	2%	1%	2%	4%
Politics/ government	2%	1%	3%	3%	3%	1%	1%	2%	2%	3%
Pace of life	2%	0	3%	3%	2%	2%	5%	3%	2%	-
Home	2%	1%	3%	2%	1%	2%	1%	2%	1%	3%
Other	9%	10%	9%	9%	10%	9%	13%	12%	8%	8%
Don't know	1%	1%	1%	1%	1%	1%	-	1%	1%	1%

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		REGION TYPE		REGION						INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
Base: All respondents												
Unweighted Base	1002	196	806	151	100	100	299	252	100	260	337	329
Weighted Base	1002	182	820	131	90	70	378	252	81	264	338	327
Yes	34%	37%	33%	30%	38%	33%	36%	34%	25%	18%	34%	46%
No	66%	63%	67%	70%	62%	67%	64%	66%	75%	82%	66%	54%

		AGE			GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
Base: All respondents										
Unweighted Base	1002	288	470	236	502	500	108	237	415	236
Weighted Base	1002	338	384	273	491	511	111	236	412	236
Yes	34%	33%	55%	5%	29%	38%	25%	35%	34%	36%
No	66%	67%	45%	95%	71%	62%	75%	65%	66%	64%

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Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, or a very negative impact in the following areas?[RANDOMIZE ITEMS]

POSITIVE IMPACT SUMMARY TABLE		REGION TYPE		REGION						INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
Base: All respondents												
Unweighted Base	1002	196	806	151	100	100	299	252	100	260	337	329
Weighted Base	1002	182	820	131	90	70	378	252	81	264	338	327
On your sex life	14%	17%	14%	12%	14%	8%	13%	19%	17%	14%	16%	14%
On your personal health	20%	23%	19%	17%	19%	15%	20%	25%	15%	22%	23%	14%
On your sleep patterns	16%	13%	16%	14%	14%	12%	12%	24%	15%	20%	17%	10%
On your relations at home/with other family members	22%	26%	21%	20%	19%	22%	22%	26%	20%	24%	22%	19%
On your relations with friends	24%	27%	23%	20%	21%	14%	24%	29%	23%	25%	25%	19%
Base: Employed respondents												
Unweighted Base	691	125	566	98	74	79	213	156	71	131	233	281
Weighted Base	671	111	560	82	67	52	258	152	60	126	228	275
On your relations with co-workers	24%	23%	24%	21%	19%	18%	24%	29%	28%	28%	20%	25%
On the quality of work you do at work	31%	30%	32%	28%	21%	20%	28%	47%	31%	35%	31%	30%

POSITIVE IMPACT SUMMARY TABLE		AGE			GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
Base: All respondents										
Unweighted Base	1002	288	470	236	502	500	108	237	415	236
Weighted Base	1002	338	384	273	491	511	111	236	412	236
On your sex life	14%	15%	13%	15%	17%	12%	20%	18%	12%	12%
On your personal health	20%	14%	20%	25%	20%	20%	33%	24%	16%	15%
On your sleep patterns	16%	15%	15%	16%	14%	17%	25%	19%	13%	11%
On your relations at home/with other family members	22%	17%	23%	26%	21%	23%	29%	23%	21%	19%
On your relations with friends	24%	22%	22%	28%	24%	24%	35%	30%	21%	17%
Base: Employed respondents										
Unweighted Base	691	213	383	91	384	307	55	157	301	177
Weighted Base	671	246	312	109	363	308	52	151	294	173
On your relations with co-workers	24%	21%	24%	27%	23%	25%	32%	24%	24%	22%
On the quality of work you do at work	31%	34%	29%	29%	34%	29%	32%	39%	29%	29%

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Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, or a very negative impact in the following areas?[RANDOMIZE ITEMS]

NO REAL IMPACT SUMMARY TABLE			REGION TYPE		REGION						INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- -\$60K	\$60K +	
Base: All respondents													
Unweighted Base	1002	196	806	151	100	100	299	252	100	260	337	329	
Weighted Base	1002	182	820	131	90	70	378	252	81	264	338	327	
On your sex life	59%	55%	59%	59%	57%	70%	60%	53%	59%	57%	61%	57%	
On your personal health	39%	40%	39%	35%	30%	55%	44%	32%	38%	38%	39%	41%	
On your sleep patterns	35%	37%	35%	35%	38%	39%	35%	31%	43%	35%	35%	36%	
On your relations at home/with other family members	44%	54%	41%	45%	37%	48%	44%	43%	48%	42%	46%	44%	
On your relations with friends	55%	56%	54%	56%	52%	64%	55%	51%	59%	53%	55%	59%	
Base: Employed respondents													
Unweighted Base	691	125	566	98	74	79	213	156	71	131	233	281	
Weighted Base	671	111	560	82	67	52	258	152	60	126	228	275	
On your relations with co-workers	56%	59%	56%	57%	63%	59%	60%	49%	53%	60%	57%	55%	
On the quality of work you do at work	46%	51%	44%	37%	55%	65%	49%	30%	52%	49%	42%	46%	

NO REAL IMPACT SUMMARY TABLE			AGE			GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University	
Base: All respondents											
Unweighted Base	1002	288	470	236	502	500	108	237	415	236	
Weighted Base	1002	338	384	273	491	511	111	236	412	236	
On your sex life	59%	65%	54%	57%	59%	58%	49%	57%	62%	59%	
On your personal health	39%	44%	35%	38%	45%	33%	40%	39%	38%	41%	
On your sleep patterns	35%	33%	34%	41%	41%	30%	35%	38%	33%	39%	
On your relations at home/with other family members	44%	43%	39%	52%	47%	41%	48%	44%	41%	46%	
On your relations with friends	55%	57%	52%	56%	56%	54%	47%	51%	58%	57%	
Base: Employed respondents											
Unweighted Base	691	213	383	91	384	307	55	157	301	177	
Weighted Base	671	246	312	109	363	308	52	151	294	173	
On your relations with co-workers	56%	58%	53%	64%	56%	57%	50%	56%	58%	56%	
On the quality of work you do at work	46%	40%	48%	51%	43%	49%	47%	45%	47%	42%	

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Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, or a very negative impact in the following areas?[RANDOMIZE ITEMS]

NEGATIVE IMPACT SUMMARY TABLE			REGION TYPE		REGION						INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +	
Base: All respondents													
Unweighted Base	1002	196	806	151	100	100	299	252	100	260	337	329	
Weighted Base	1002	182	820	131	90	70	378	252	81	264	338	327	
On your sex life	23%	25%	23%	26%	25%	20%	23%	24%	19%	24%	20%	27%	
On your personal health	41%	37%	42%	48%	49%	30%	36%	42%	47%	40%	38%	46%	
On your sleep patterns	48%	49%	48%	51%	48%	48%	52%	44%	42%	45%	47%	54%	
On your relations at home/with other family members	33%	20%	36%	34%	42%	29%	34%	30%	31%	33%	32%	37%	
On your relations with friends	21%	17%	22%	23%	25%	22%	21%	19%	18%	22%	20%	21%	
Base: Employed respondents													
Unweighted Base	691	125	566	98	74	79	213	156	71	131	233	281	
Weighted Base	671	111	560	82	67	52	258	152	60	126	228	275	
On your relations with co-workers	19%	18%	19%	23%	16%	21%	17%	21%	18%	11%	22%	20%	
On the quality of work you do at work	23%	19%	24%	35%	24%	15%	23%	22%	17%	16%	27%	25%	

NEGATIVE IMPACT SUMMARY TABLE			AGE			GENDER		EDUCATION			
		TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
Base: All respondents											
Unweighted Base	1002	288	470	236	502	500	108	237	415	236	
Weighted Base	1002	338	384	273	491	511	111	236	412	236	
On your sex life	23%	18%	29%	23%	22%	25%	28%	23%	22%	25%	
On your personal health	41%	41%	45%	35%	35%	46%	26%	37%	46%	44%	
On your sleep patterns	48%	51%	51%	42%	44%	52%	37%	44%	54%	50%	
On your relations at home/with other family members	33%	40%	37%	20%	31%	35%	22%	32%	37%	35%	
On your relations with friends	21%	21%	25%	14%	20%	22%	17%	18%	21%	26%	
Base: Employed respondents											
Unweighted Base	691	213	383	91	384	307	55	157	301	177	
Weighted Base	671	246	312	109	363	308	52	151	294	173	
On your relations with co-workers	19%	20%	22%	9%	21%	17%	18%	19%	18%	21%	
On the quality of work you do at work	23%	25%	23%	19%	24%	22%	22%	15%	24%	29%	

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Do you strongly agree, somewhat agree, somewhat disagree or strongly disagree with each of the following statements? [RANDOMIZE STATEMENTS]

AGREE SUMMARY TABLE	REGION TYPE		REGION							INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
Base: All respondents												
Unweighted Base	1002	196	806	151	100	100	299	252	100	260	337	329
Weighted Base	1002	182	820	131	90	70	378	252	81	264	338	327
I feel lonely more frequently than I would like to	30%	27%	31%	32%	32%	22%	28%	33%	26%	38%	32%	21%
I am more cynical about things than I used to be	55%	49%	56%	71%	63%	62%	63%	29%	56%	50%	57%	58%
Loneliness is one of my greatest fears	30%	25%	31%	22%	32%	24%	31%	32%	34%	34%	32%	25%
Seeking professional help to deal with stress is a sign of personal weakness	15%	19%	14%	13%	15%	15%	13%	19%	12%	21%	13%	9%
I feel that I do not have the degree of control over my LIFE that I would like	43%	38%	44%	43%	43%	37%	46%	39%	44%	44%	40%	46%
I feel that I do not have the degree of control over my STRESS LEVELS that I would like	46%	42%	48%	54%	44%	41%	47%	46%	43%	45%	46%	49%
I feel stress when I haven't checked my phone or e-mail messages	18%	15%	18%	15%	14%	14%	21%	18%	15%	19%	14%	20%
Base: Employed respondents												
Unweighted Base	691	125	566	98	74	79	213	156	71	131	233	281
Weighted Base	671	111	560	82	67	52	258	152	60	126	228	275
I have felt so much stress at times at my work that I have done or seriously thought about doing things to get back at my boss or co-workers in some way	13%	9%	14%	14%	9%	11%	16%	12%	8%	11%	16%	11%
Base: Respondents with children in household												
Unweighted Base	361	75	286	48	43	38	120	88	24	52	121	163
Weighted Base	337	68	269	39	34	23	135	84	21	47	116	150
I am so busy that my children have had to become more independent than they might otherwise have needed to	34%	24%	37%	36%	45%	22%	36%	31%	27%	26%	29%	41%
My children are making a lot more decisions about their lives and my family than I did when I was a child	61%	52%	63%	54%	76%	61%	58%	63%	69%	55%	57%	65%

Detailed Tables #1 February 12-14, 2002

Do you strongly agree, somewhat agree, somewhat disagree or strongly disagree with each of the following statements? [RANDOMIZE STATEMENTS]

AGREE SUMMARY TABLE		AGE			GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
Base: All respondents										
Unweighted Base	1002	288	470	236	502	500	108	237	415	236
Weighted Base	1002	338	384	273	491	511	111	236	412	236
I feel lonely more frequently than I would like to	30%	32%	31%	25%	29%	31%	39%	31%	30%	23%
I am more cynical about things than I used to be	55%	56%	54%	54%	54%	56%	51%	51%	58%	55%
Loneliness is one of my greatest fears	30%	35%	29%	25%	29%	31%	35%	32%	28%	28%
Seeking professional help to deal with stress is a sign of personal weakness	15%	15%	14%	14%	20%	9%	26%	18%	13%	9%
I feel that I do not have the degree of control over my LIFE that I would like	43%	43%	48%	36%	43%	42%	46%	42%	45%	38%
I feel that I do not have the degree of control over my STRESS LEVELS that I would like	46%	51%	49%	37%	44%	48%	45%	43%	50%	45%
I feel stress when I haven't checked my phone or e-mail messages	18%	20%	17%	15%	17%	18%	16%	13%	17%	23%
Base: Employed respondents										
Unweighted Base	691	213	383	91	384	307	55	157	301	177
Weighted Base	671	246	312	109	363	308	52	151	294	173
I have felt so much stress at times at my work that I have done or seriously thought about doing things to get back at my boss or co-workers in some way	13%	15%	14%	9%	15%	12%	14%	13%	13%	14%
Base: Respondents with children in household										
Unweighted Base	361	92	257	10	168	193	28	88	154	91
Weighted Base	337	110	212	13	144	192	28	83	141	84
I am so busy that my children have had to become more independent than they might otherwise have needed to	34%	29%	36%	50%	32%	35%	36%	26%	39%	32%
My children are making a lot more decisions about their lives and my family than I did when I was a child	61%	46%	67%	92%	63%	60%	57%	68%	61%	56%

Detailed Tables #1 February 12-14, 2002

Do you strongly agree, somewhat agree, somewhat disagree or strongly disagree with each of the following statements? [RANDOMIZE STATEMENTS]

DISAGREE SUMMARY TABLE	REGION TYPE			REGION						INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
Base: All respondents												
Unweighted Base	1002	196	806	151	100	100	299	252	100	260	337	329
Weighted Base	1002	182	820	131	90	70	378	252	81	264	338	327
I feel lonely more frequently than I would like to	70%	73%	69%	68%	66%	76%	72%	67%	74%	61%	68%	79%
I am more cynical about things than I used to be	44%	51%	43%	28%	37%	38%	36%	71%	42%	48%	43%	41%
Loneliness is one of my greatest fears	70%	75%	68%	76%	68%	76%	69%	67%	66%	65%	68%	75%
Seeking professional help to deal with stress is a sign of personal weakness	85%	79%	86%	86%	85%	85%	87%	79%	88%	78%	86%	91%
I feel that I do not have the degree of control over my LIFE that I would like	57%	62%	56%	57%	57%	63%	53%	61%	56%	56%	60%	54%
I feel that I do not have the degree of control over my STRESS LEVELS that I would like	53%	58%	52%	46%	55%	59%	53%	54%	57%	54%	54%	51%
I feel stress when I haven't checked my phone or e-mail messages	38%	34%	39%	32%	37%	35%	39%	44%	31%	39%	37%	41%
Base: Employed respondents												
Unweighted Base	691	125	566	98	74	79	213	156	71	131	233	281
Weighted Base	671	111	560	82	67	52	258	152	60	126	228	275
I have felt so much stress at times at my work that I have done or seriously thought about doing things to get back at my boss or co-workers in some way	86%	90%	85%	84%	91%	87%	83%	87%	89%	88%	83%	88%
Base: Respondents with children in household												
Unweighted Base	361	75	286	48	43	38	120	88	24	52	121	163
Weighted Base	337	68	269	39	34	23	135	84	21	47	116	150
I am so busy that my children have had to become more independent than they might otherwise have needed to	63%	75%	61%	59%	47%	78%	63%	67%	73%	74%	66%	59%
My children are making a lot more decisions about their lives and my family than I did when I was a child	36%	46%	33%	41%	21%	36%	40%	35%	31%	44%	40%	33%

Detailed Tables #1 February 12-14, 2002

Do you strongly agree, somewhat agree, somewhat disagree or strongly disagree with each of the following statements? [RANDOMIZE STATEMENTS]

DISAGREE SUMMARY TABLE	AGE				GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
Base: All respondents										
Unweighted Base	1002	288	470	236	502	500	108	237	415	236
Weighted Base	1002	338	384	273	491	511	111	236	412	236
I feel lonely more frequently than I would like to	70%	68%	69%	74%	71%	69%	60%	69%	70%	77%
I am more cynical about things than I used to be	44%	43%	45%	46%	45%	44%	49%	48%	42%	44%
Loneliness is one of my greatest fears	70%	65%	71%	74%	71%	69%	64%	67%	72%	72%
Seeking professional help to deal with stress is a sign of personal weakness	85%	85%	85%	84%	79%	90%	72%	81%	87%	91%
I feel that I do not have the degree of control over my LIFE that I would like	57%	57%	52%	64%	57%	57%	53%	58%	55%	62%
I feel that I do not have the degree of control over my STRESS LEVELS that I would like	53%	49%	50%	62%	55%	51%	55%	57%	49%	55%
I feel stress when I haven't checked my phone or e-mail messages	38%	39%	41%	34%	38%	38%	42%	31%	39%	42%
Base: Employed respondents										
Unweighted Base	691	213	383	91	384	307	55	157	301	177
Weighted Base	671	246	312	109	363	308	52	151	294	173
I have felt so much stress at times at my work that I have done or seriously thought about doing things to get back at my boss or co-workers in some way	86%	84%	85%	89%	84%	87%	83%	86%	86%	85%
Base: Respondents with children in household										
Unweighted Base	361	92	257	10	168	193	28	88	154	91
Weighted Base	337	110	212	13	144	192	28	83	141	84
I am so busy that my children have had to become more independent than they might otherwise have needed to	63%	65%	63%	50%	66%	61%	64%	72%	57%	65%
My children are making a lot more decisions about their lives and my family than I did when I was a child	36%	48%	31%	8%	35%	37%	40%	30%	36%	40%

Detailed Tables #1 February 12-14, 2002

What do you do to relieve the stress in your life?

	TOTAL	REGION TYPE		REGION						INCOME		
		Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
TOTAL MENTIONS												
Base: All respondents												
Unweighted Base	1002	196	806	151	100	100	299	252	100	260	337	329
Weighted Base	1002	182	820	131	90	70	378	252	81	264	338	327
Nothing/Don't do anything	6%	9%	6%	4%	4%	5%	8%	6%	7%	9%	5%	6%
Exercise	46%	40%	48%	56%	40%	43%	45%	48%	41%	35%	49%	53%
Read	16%	15%	16%	13%	18%	13%	17%	17%	16%	14%	17%	17%
Sports/ hobbies - golf, chess etc.	12%	14%	11%	15%	12%	12%	9%	13%	16%	10%	10%	14%
Socialize/ go out	8%	9%	8%	11%	13%	7%	7%	6%	10%	9%	10%	6%
Make family time	7%	6%	7%	10%	8%	8%	6%	6%	6%	5%	7%	9%
Take alcohol/other drugs	6%	5%	6%	9%	7%	4%	7%	4%	3%	6%	4%	7%
Listen to music	6%	3%	6%	5%	3%	3%	5%	8%	7%	8%	4%	4%
Watch TV	5%	5%	6%	0	9%	4%	7%	4%	5%	7%	5%	6%
Meditate	5%	5%	5%	7%	5%	4%	7%	3%	5%	8%	5%	3%
Rest/ relax	4%	4%	5%	2%	5%	6%	5%	5%	4%	4%	5%	6%
Talk (unsp)	4%	2%	5%	6%	3%	4%	5%	4%	1%	3%	4%	6%
Work/ keep busy	3%	7%	2%	5%	5%	4%	4%	1%	5%	3%	3%	4%
Pray/ go to church	3%	3%	3%	1%	5%	3%	4%	1%	4%	5%	3%	0
Take a holiday/vacation	3%	4%	3%	2%	5%	-	2%	4%	2%	2%	2%	4%
Take a bath	3%	3%	3%	3%	1%	8%	2%	3%	-	3%	2%	3%
Computer/ video games	3%	2%	3%	0	5%	4%	3%	3%	1%	4%	2%	3%
Watch movies	2%	-	3%	1%	1%	2%	2%	4%	3%	2%	3%	2%
Sleep	2%	1%	2%	1%	3%	2%	2%	2%	2%	2%	1%	2%
Eat well	2%	2%	2%	2%	-	2%	2%	2%	1%	1%	2%	2%
Gardening/ yard work	1%	2%	1%	1%	2%	-	2%	0	-	0	1%	2%
Take prescriptions/anti-depressants	1%	0	1%	1%	-	-	1%	1%	-	1%	0	1%
Other	15%	12%	15%	12%	16%	14%	14%	17%	14%	15%	15%	13%
Don't know	2%	1%	2%	1%	1%	1%	1%	2%	2%	2%	2%	0

Detailed Tables #1 February 12-14, 2002

What do you do to relieve the stress in your life ?

		AGE			GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
TOTAL MENTIONS										
Base: All respondents										
Unweighted Base	1002	288	470	236	502	500	108	237	415	236
Weighted Base	1002	338	384	273	491	511	111	236	412	236
Nothing/Don't do anything	6%	5%	6%	9%	7%	5%	8%	10%	5%	4%
Exercise	46%	50%	49%	39%	45%	48%	27%	44%	46%	60%
Read	16%	15%	12%	23%	11%	21%	15%	12%	18%	17%
Sports/ hobbies - golf, chess etc.	12%	8%	11%	18%	12%	11%	14%	12%	11%	12%
Socialize/ go out	8%	12%	6%	5%	6%	10%	6%	7%	9%	9%
Make family time	7%	8%	9%	3%	5%	9%	5%	7%	7%	8%
Take alcohol/other drugs	6%	7%	6%	5%	7%	5%	6%	6%	7%	5%
Listen to music	6%	6%	6%	5%	7%	5%	7%	7%	5%	5%
Watch TV	5%	5%	5%	7%	6%	5%	7%	4%	5%	8%
Meditate	5%	6%	5%	5%	5%	6%	4%	5%	6%	6%
Rest/ relax	4%	5%	7%	2%	5%	4%	4%	6%	3%	5%
Talk (unsp)	4%	6%	3%	4%	4%	5%	-	3%	4%	7%
Work/ keep busy	3%	1%	4%	5%	4%	3%	4%	3%	3%	4%
Pray/ go to church	3%	1%	2%	5%	3%	3%	5%	3%	2%	4%
Take a holiday/vacation	3%	2%	3%	4%	3%	2%	3%	3%	3%	3%
Take a bath	3%	5%	2%	0	1%	5%	2%	3%	3%	1%
Computer/ video games	3%	4%	3%	1%	4%	1%	6%	2%	3%	2%
Watch movies	2%	2%	4%	1%	3%	2%	-	3%	3%	2%
Sleep	2%	2%	2%	1%	1%	3%	1%	2%	2%	2%
Eat well	2%	2%	2%	1%	1%	2%	1%	2%	2%	1%
Gardening/ yard work	1%	0	1%	1%	0	2%	1%	2%	1%	0
Take prescriptions/anti-depressants	1%	-	1%	1%	0	1%	2%	0	0	1%
Other	15%	16%	15%	13%	16%	13%	19%	12%	15%	14%
Don't know	2%	1%	1%	3%	2%	1%	4%	2%	1%	1%