

What are the main causes of stress in your life?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
Finances	446 44%	60 42%	36 37%	36 53% E	181 46% E	91 38%	42 55% E	144 49% I	152 48% I	150 37%	136 47%	310 43%
Work/Job	380 37%	47 33%	42 43%	29 44%	148 38%	79 33%	34 44%	93 32%	99 32%	187 46% GH	126 43% K	254 35%
My health	135 13%	24 17%	11 11%	8 12%	46 12%	36 15%	9 12%	48 16% I	46 15%	41 10%	21 7%	115 16% J
Too much to do/Too little time	98 10%	12 8%	8 8%	9 13%	35 9%	29 12%	6 8%	21 7%	28 9%	48 12%	30 10%	68 9%
Family	94 9%	19 14% E	13 14% E	5 7% E	41 10% E	4 2%	12 15% E	21 7%	29 9%	44 11%	16 5%	79 11% J
Children	91 9%	9 6%	10 11%	9 13%	40 10%	17 7%	6 8%	18 6%	30 9%	43 11%	55 19% K	37 5%
School	65 6%	5 4%	7 7%	5 8%	34 9%	12 5%	1 2%	16 5%	18 6%	30 7%	24 8%	41 6%
Other people	60 6%	9 7%	5 5%	2 3%	23 6%	16 7%	5 6%	28 10% HI	14 4%	18 4%	19 7%	41 6%
Personal relationships/ love/ friends	49 5%	5 4%	7 7%	2 4%	21 5%	12 5%	2 3%	19 7%	17 6%	13 3%	13 4%	37 5%
Traffic/ driving	49 5%	6 4%	3 3%	3 4%	13 3%	18 7% D	5 7%	10 3%	17 6%	21 5%	8 3%	41 6%
Other family members' health	27 3%	7 5% D	3 3%	2 3%	6 2%	7 3%	1 1%	3 1%	10 3%	13 3%	5 2%	22 3%
Spouse/Partner	23 2%	5 4%	4 4%	0 -	6 1%	7 3%	1 2%	2 1%	11 3% G	10 2%	11 4%	12 2%
Home	20 2%	5 3% E	3 3%	0 -	12 3% E	1 0	0 -	6 2%	4 1%	9 2%	3 1%	18 2%
Waiting/ free time/ boredom	20 2%	3 2%	1 1%	0 1%	6 2%	7 3%	3 4%	5 2%	10 3%	5 1%	2 1%	18 2%

What are the main causes of stress in your life?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Tiredness/ lack of sleep	16 2%	3 2%	1 1%	0 -	7 2%	4 2%	1 1%	6 2%	2 1%	8 2%	6 2%	10 1%
Aging/ getting older	13 1%	2 2%	0 -	2 3%	5 1%	4 2%	0 -	2 1%	7 2%	4 1%	1 0	12 2%
Meal preparation	12 1%	2 1%	3 3%	0 -	2 1%	5 2%	0 -	1 0	5 1%	6 2%	5 2%	7 1%
Pace of life	9 1%	2 1%	1 1%	0 -	5 1%	2 1%	0 -	2 1%	3 1%	4 1%	2 1%	7 1%
Teenagers	8 1%	1 1%	0 -	1 1%	5 1%	1 0	1 1%	1 0	3 1%	4 1%	7 2%	2 0
Pain/ chronic pain	6 1%	1 1%	1 1%	0 1%	3 1%	1 0	0 -	1 0	3 1%	2 0	2 1%	4 1%
Other	154 15%	17 12%	15 15%	7 10%	56 14%	49 21% ACD	10 13%	53 18% I	54 17% I	47 12%	33 11%	121 17% J
Nothing	31 3%	4 3%	4 4%	2 3%	7 2%	13 5% D	1 2%	11 4%	8 3%	11 3%	5 2%	25 4%
(Dk/Ns)	4 0	0 -	1 1%	0 -	1 0	2 1%	0 -	2 1%	0 -	3 1%	1 0	3 0

(On your sex life) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: Valid respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
On your sex life												
Very positive impact	23 2%	5 3%	0 -	1 2%	6 2%	8 4%	2 3%	8 3%	11 3%	3 1%	13 5%	9 1%
Positive impact	66 6%	9 7%	4 4%	4 5%	26 7%	16 7%	6 8%	26 9%	19 6%	20 5%	15 5%	51 7%
No real impact	491 48%	68 48%	41 42%	34 51%	191 49%	126 52%	31 40%	139 47%	149 47%	203 50%	141 49%	349 48%
Negative impact	256 25%	35 25%	37 37%	17 26%	91 23%	57 24%	20 25%	66 22%	75 24%	115 28%	80 27%	177 24%
Very negative impact	91 9%	15 10%	10 11%	6 9%	32 8%	17 7%	11 15%	25 9%	31 10%	35 9%	26 9%	65 9%
(Dk/Ns)	89 9%	9 7%	6 6%	5 8%	45 12%	17 7%	7 8%	29 10%	30 9%	29 7%	16 6%	72 10%
Summary												
Top2Box - Very positive/ positive impact	89 9%	14 10%	4 4%	5 7%	32 8%	25 10%	9 11%	35 12%	30 10%	23 6%	28 10%	60 8%
Low2Box - Very negative/ negative impact	347 34%	50 35%	47 48%	23 34%	123 31%	74 31%	31 40%	91 31%	106 34%	150 37%	105 36%	242 33%

(On your personal health) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: Valid respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
On your personal health												
Very positive impact	37 4%	10 7%	3 3%	3 4%	10 3%	10 4%	1 2%	16 6%	14 4%	6 2%	12 4%	25 3%
Positive impact	92 9%	14 10%	5 6%	3 5%	39 10%	24 10%	6 7%	39 13%	31 10%	23 6%	21 7%	71 10%
No real impact	336 33%	52 37%	27 27%	26 39%	134 34%	66 28%	31 40%	87 30%	103 33%	146 36%	87 30%	249 34%
Negative impact	410 40%	58 41%	42 43%	27 40%	152 39%	107 44%	24 31%	103 35%	128 41%	179 44%	136 47%	274 38%
Very negative impact	113 11%	6 4%	16 16%	6 8%	47 12%	28 12%	11 15%	39 13%	35 11%	39 10%	28 10%	85 12%
(Dk/Ns)	26 3%	1 1%	5 5%	2 3%	8 2%	6 2%	4 5%	9 3%	5 1%	13 3%	8 3%	19 3%
Summary												
Top2Box - Very positive/ positive impact	129 13%	24 17%	9 9%	6 9%	49 13%	34 14%	7 9%	55 19%	45 14%	29 7%	33 11%	96 13%
Low2Box - Very negative/ negative impact	523 52%	64 46%	57 59%	33 48%	199 51%	135 56%	35 46%	142 49%	163 52%	218 54%	164 56%	360 50%

(On your sleep patterns) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: Valid respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
On your sleep patterns												
Very positive impact	23 2%	8 6% DE	1 1%	1 2%	9 2%	4 2%	0 -	9 3%	11 3% I	4 1%	9 3%	14 2%
Positive impact	77 8%	10 7%	3 4%	5 8%	31 8%	21 9%	6 8%	36 12% HI	23 7%	18 5%	20 7%	57 8%
No real impact	307 30%	50 35%	24 24%	20 29%	110 28%	78 32%	26 34%	89 30%	99 31%	119 29%	74 25%	232 32%
Negative impact	410 40%	53 38%	52 54% ADF	30 45%	148 38%	99 41%	27 35%	105 36%	132 42%	173 43%	129 44%	281 39%
Very negative impact	177 17%	20 14%	14 15%	10 15%	83 21% E	33 14%	16 21%	48 16%	51 16%	78 19%	52 18%	125 17%
(Dk/Ns)	21 2%	0 -	3 3%	1 1%	10 3%	6 2%	2 2%	7 2% H	1 0	13 3% H	7 2%	14 2%
Summary												
Top2Box - Very positive/ positive impact	101 10%	18 13% B	4 5%	7 10%	40 10%	25 10%	6 8%	45 15% I	33 11% I	22 6%	29 10%	71 10%
Low2Box - Very negative/ negative impact	587 58%	73 52%	67 68% AE	41 60%	231 59%	132 55%	43 56%	153 52%	183 58%	251 62% G	181 62%	406 56%

(On your relations at home/with other family members) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: Valid respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
On your relations at home/with other family members												
Very positive impact	36 4%	7 5%	1 1%	3 5%	14 4%	9 4%	2 3%	17 6% I	13 4% I	6 1%	16 5%	20 3%
Positive impact	113 11%	14 10%	10 10%	8 12%	48 12%	27 11%	6 8%	41 14% I	38 12%	34 8%	27 9%	86 12%
No real impact	411 41%	65 46%	40 41%	29 43%	152 39%	90 37%	36 47%	118 40%	139 44%	154 38%	84 29%	327 45% J
Negative impact	363 36%	49 35%	36 37%	25 37%	134 34%	90 37%	28 37%	84 29%	111 35%	167 41% G	137 47% K	226 31%
Very negative impact	61 6%	4 3%	7 7%	2 4%	30 8%	15 6%	2 3%	21 7% H	9 3%	31 8% H	19 7%	42 6%
(Dk/Ns)	30 3%	3 2%	4 4%	1 1%	11 3%	9 4%	3 4%	11 4%	5 2%	14 4%	9 3%	21 3%
Summary												
Top2Box - Very positive/ positive impact	149 15%	21 15%	11 11%	11 16%	63 16%	36 15%	8 10%	58 20% I	51 16% I	39 10%	43 15%	107 15%
Low2Box - Very negative/ negative impact	424 42%	53 38%	43 44%	27 40%	164 42%	106 44%	30 39%	106 36%	120 38%	198 49% GH	156 53% K	268 37%

(On your relations with friends) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: Valid respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
On your relations with friends												
Very positive impact	31 3%	8 6% D	1 1%	2 3%	7 2%	6 2%	8 10% BDE	16 5% I	9 3%	7 2%	12 4%	19 3%
Positive impact	118 12%	8 6%	10 11%	7 11%	57 14% AF	33 14% AF	3 4%	40 13% I	45 14% I	34 8%	34 12%	84 12%
No real impact	588 58%	91 64% B	47 48%	38 56%	223 57%	145 60%	45 58%	152 52%	191 61% G	245 60% G	168 58%	420 58%
Negative impact	209 21%	24 17%	34 35% ADE	17 25%	76 19%	42 17%	18 23%	61 21%	56 18%	92 23%	58 20%	151 21%
Very negative impact	40 4%	7 5%	3 3%	3 4%	16 4%	11 4%	1 2%	17 6%	11 3%	12 3%	9 3%	31 4%
(Dk/Ns)	28 3%	3 2%	4 4%	1 2%	12 3%	6 2%	3 4%	8 3%	5 2%	15 4%	9 3%	19 3%
Summary												
Top2Box - Very positive/ positive impact	149 15%	16 11%	11 11%	9 14%	63 16%	39 16%	11 14%	56 19% I	53 17% I	41 10%	46 16%	103 14%
Low2Box - Very negative/ negative impact	249 25%	31 22%	36 37% ADE	19 29%	92 23%	52 22%	19 24%	78 27%	66 21%	105 26%	68 23%	182 25%

(On your relations with co-workers) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base; ** very small base (under 30) ineligible for sig testing

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: Valid respondents	595	87	53	59	224	137	35	122	174	299	212	383
Weighted	605	86*	58*	45*	238	129	48**	131	174	299	223	382
On your relations with co-workers												
Very positive impact	18 3%	4 5%	1 1%	1 1%	5 2%	7 5%	1 2%	7 6%	4 2%	7 2%	9 4%	10 3%
Positive impact	65 11%	3 3%	7 13%	5 11%	29 12%	16 12%	6 12%	18 14%	21 12%	26 9%	28 13%	37 10%
No real impact	331 55%	61 71%	29 49%	25 55%	133 56%	63 49%	20 42%	66 51%	96 55%	169 56%	124 56%	207 54%
Negative impact	151 25%	17 19%	14 25%	12 27%	57 24%	33 26%	17 36%	31 24%	42 24%	78 26%	47 21%	104 27%
Very negative impact	19 3%	1 1%	4 7%	2 5%	7 3%	3 2%	1 2%	5 4%	7 4%	6 2%	4 2%	14 4%
(Dk/Ns)	20 3%	0 -	3 5%	0 -	7 3%	7 6%	3 6%	3 2%	4 2%	14 5%	11 5%	9 2%
Summary												
Top2Box - Very positive/ positive impact	83 14%	7 8%	8 14%	5 12%	33 14%	23 17%	7 14%	25 19%	25 14%	33 11%	37 17%	46 12%
Low2Box - Very negative/ negative impact	170 28%	18 21%	19 32%	15 33%	64 27%	36 28%	19 39%	37 28%	49 28%	84 28%	51 23%	119 31%

(On the quality of work you do at work) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base; ** very small base (under 30) ineligible for sig testing

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: Valid respondents												
Weighted	595	87	53	59	224	137	35	122	174	299	212	383
	605	86*	58*	45*	238	129	48**	131	174	299	223	382
On the quality of work you do at work												
Very positive impact	25 4%	3 4%	2 3%	4 10%	8 4%	6 5%	1 2%	5 4%	10 5%	11 4%	10 5%	15 4%
Positive impact	112 19%	10 12%	7 13%	8 18%	47 20%	34 26% A	5 11%	30 23%	33 19%	49 16%	39 18%	73 19%
No real impact	282 47%	50 59% DE	26 45%	20 44%	108 45%	50 39%	27 56%	56 42%	80 46%	146 49%	98 44%	184 48%
Negative impact	148 24%	21 24%	17 29%	12 26%	53 22%	34 27%	11 23%	28 21%	49 28%	71 24%	63 28%	86 22%
Very negative impact	24 4%	1 1%	4 6%	0 1%	14 6% E	2 1%	2 5%	10 8% H	3 2%	11 4%	6 3%	18 5%
(Dk/Ns)	13 2%	0 -	2 3%	1 1%	6 3%	3 2%	2 3%	2 2%	0 -	11 4% H	7 3%	6 2%
Summary												
Top2Box - Very positive/ positive impact	138 23%	14 16%	9 16%	12 27%	56 23%	40 31% AB	6 13%	35 27%	42 24%	60 20%	50 22%	88 23%
Low2Box - Very negative/ negative impact	172 28%	22 26%	21 35%	12 27%	68 28%	36 28%	13 28%	38 29%	52 30%	82 27%	68 31%	104 27%

(Top2box Summary) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base; ** very small base (under 30) ineligible for sig testing

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: Valid respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
On your sex life	89 9%	14 10%	4 4%	5 7%	32 8%	25 10%	9 11%	35 12% 	30 10%	23 6%	28 10%	60 8%
On your personal health	129 13%	24 17%	9 9%	6 9%	49 13%	34 14%	7 9%	55 19% 	45 14% 	29 7%	33 11%	96 13%
On your sleep patterns	101 10%	18 13% B	4 5%	7 10%	40 10%	25 10%	6 8%	45 15% 	33 11% 	22 6%	29 10%	71 10%
On your relations at home/with other family members	149 15%	21 15%	11 11%	11 16%	63 16%	36 15%	8 10%	58 20% 	51 16% 	39 10%	43 15%	107 15%
On your relations with friends	149 15%	16 11%	11 11%	9 14%	63 16%	39 16%	11 14%	56 19% 	53 17% 	41 10%	46 16%	103 14%
On your relations with co-workers	83 14%	7 8%	8 14%	5 12%	33 14%	23 17%	7 14%	25 19% 	25 14%	33 11%	37 17%	46 12%
On the quality of work you do at work	138 23%	14 16%	9 16%	12 27%	56 23%	40 31% AB	6 13%	35 27%	42 24%	60 20%	50 22%	88 23%

(Low2box Summary) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base; ** very small base (under 30) ineligible for sig testing

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: Valid respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
On your sex life	347 34%	50 35%	47 48% DE	23 34%	123 31%	74 31%	31 40%	91 31%	106 34%	150 37%	105 36%	242 33%
On your personal health	523 52%	64 46%	57 59%	33 48%	199 51%	135 56%	35 46%	142 49%	163 52%	218 54%	164 56%	360 50%
On your sleep patterns	587 58%	73 52%	67 68% AE	41 60%	231 59%	132 55%	43 56%	153 52%	183 58%	251 62% G	181 62%	406 56%
On your relations at home/with other family members	424 42%	53 38%	43 44%	27 40%	164 42%	106 44%	30 39%	106 36%	120 38%	198 49% GH	156 53% K	268 37%
On your relations with friends	249 25%	31 22%	36 37% ADE	19 29%	92 23%	52 22%	19 24%	78 27%	66 21%	105 26%	68 23%	182 25%
On your relations with co-workers	170 28%	18 21%	19 32%	15 33%	64 27%	36 28%	19 39%	37 28%	49 28%	84 28%	51 23%	119 31% J
On the quality of work you do at work	172 28%	22 26%	21 35%	12 27%	68 28%	36 28%	13 28%	38 29%	52 30%	82 27%	68 31%	104 27%

(Seeking professional help to deal with stress is a sign of personal weakness.) Now, do you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
Seeking professional help to deal with stress is a sign of personal weakness.												
Strongly agree	42 4%	6 4%	3 3%	0 -	16 4%	12 5%	5 7%	17 6%	14 4%	12 3%	16 6%	26 4%
Somewhat agree	152 15%	22 16%	13 14%	16 24%	57 15%	33 14%	11 14%	43 15%	45 14%	64 16%	41 14%	111 15%
Somewhat disagree	249 25%	27 19%	22 22%	10 15%	99 25%	75 31% AC	16 21%	69 23%	84 27%	97 24%	82 28%	167 23%
Strongly disagree	527 52%	80 57%	55 57%	39 58%	200 51%	112 47%	40 51%	146 50%	160 51%	221 55%	137 47%	389 54%
(Dk/Ns)	45 4%	6 4%	4 4%	2 3%	19 5%	8 3%	5 6%	19 7% I	13 4%	12 3%	15 5%	30 4%
Summary												
Top2Box - Agree	194 19%	28 20%	16 17%	16 24%	72 19%	45 19%	16 21%	60 20%	59 19%	75 19%	57 20%	137 19%
Low2Box - Disagree	776 76%	108 76%	77 79%	50 73%	299 77%	188 78%	56 72%	214 73%	244 77%	318 78%	219 75%	557 77%

(I feel that I do not have the degree of control over my stress levels that I would like.) Now, do you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
I feel that I do not have the degree of control over my stress levels that I would like.												
Strongly agree	80 8%	10 7%	5 5%	2 4%	39 10%	16 7%	7 9%	28 10%	26 8%	25 6%	21 7%	58 8%
Somewhat agree	382 38%	49 35%	44 45%	32 48%	139 36%	93 39%	24 31%	118 40%	126 40%	138 34%	114 39%	268 37%
Somewhat disagree	325 32%	46 32%	30 31%	19 28%	123 32%	89 37%	19 24%	84 29%	93 29%	148 36%	92 32%	233 32%
Strongly disagree	206 20%	32 23%	17 17%	12 18%	79 20%	41 17%	24 31%	56 19%	62 20%	87 21%	54 19%	151 21%
(Dk/Ns)	22 2%	4 3%	2 2%	2 2%	10 3%	2 1%	3 4%	6 2%	9 3%	7 2%	9 3%	13 2%
Summary												
Top2Box - Agree	462 45%	60 42%	49 51%	35 52%	178 45%	109 45%	31 41%	146 50%	152 48%	164 40%	135 46%	326 45%
Low2Box - Disagree	531 52%	78 55%	47 48%	31 46%	203 52%	129 54%	43 56%	141 48%	155 49%	235 58% GH	147 50%	384 53%

(I feel stress when I haven't checked my phone or e-mail messages) Now, do you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
I feel stress when I haven't checked my phone or e-mail messages												
Strongly agree	12 1%	2 1%	2 2%	1 1%	3 1%	4 1%	1 1%	2 1%	3 1%	7 2%	7 2%	5 1%
Somewhat agree	164 16%	30 21%	18 18%	7 10%	58 15%	34 14%	17 21%	46 16%	35 11%	83 20%	44 15%	120 17%
Somewhat disagree	288 28%	39 27%	24 25%	18 27%	103 26%	87 36%	17 22%	90 31%	76 24%	123 30%	79 27%	209 29%
Strongly disagree	528 52%	70 49%	53 54%	41 61%	218 56%	108 45%	37 48%	146 50%	195 62%	187 46%	152 52%	376 52%
(Dk/Ns)	23 2%	1 1%	1 1%	1 1%	8 2%	8 3%	5 7%	10 3%	7 2%	7 2%	10 3%	14 2%
Summary												
Top2Box - Agree	176 17%	32 23%	20 20%	7 11%	61 16%	38 16%	18 23%	48 16%	38 12%	89 22%	50 17%	125 17%
Low2Box - Disagree	816 80%	109 77%	77 79%	59 88%	321 82%	195 81%	54 71%	236 80%	271 86%	310 76%	231 79%	585 81%

(Top2box Summary) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents Weighted	1015	154	90	86	369	258	58	279	327	409	277	738
	1015	141	98*	68*	391	241	77*	293	316	406	291	724
Seeking professional help to deal with stress is a sign of personal weakness.	194	28	16	16	72	45	16	60	59	75	57	137
	19%	20%	17%	24%	19%	19%	21%	20%	19%	19%	20%	19%
I feel that I do not have the degree of control over my stress levels that I would like.	462	60	49	35	178	109	31	146	152	164	135	326
	45%	42%	51%	52%	45%	45%	41%	50% I	48% I	40%	46%	45%
I feel stress when I haven't checked my phone or e-mail messages	176	32	20	7	61	38	18	48	38	89	50	125
	17%	23% C	20%	11%	16%	16%	23%	16%	12%	22% H	17%	17%

(Low2box Summary) Please tell me whether the stress you experience in your life has had a very positive impact, a positive impact, no real impact, a negative impact, or a very negative impact in the following areas.

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents Weighted	1015	154	90	86	369	258	58	279	327	409	277	738
	1015	141	98*	68*	391	241	77*	293	316	406	291	724
Seeking professional help to deal with stress is a sign of personal weakness.	776	108	77	50	299	188	56	214	244	318	219	557
	76%	76%	79%	73%	77%	78%	72%	73%	77%	78%	75%	77%
I feel that I do not have the degree of control over my stress levels that I would like.	531	78	47	31	203	129	43	141	155	235	147	384
	52%	55%	48%	46%	52%	54%	56%	48%	49%	58% GH	50%	53%
I feel stress when I haven't checked my phone or e-mail messages	816	109	77	59	321	195	54	236	271	310	231	585
	80%	77%	79%	88% F	82%	81%	71%	80%	86% I	76%	79%	81%

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

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents	1015	154	90	86	369	258	58	279	327	409	277	738
Weighted	1015	141	98*	68*	391	241	77*	293	316	406	291	724
Exercise	225 22%	34 24%	20 20%	17 25%	103 26% E	38 16%	14 18%	40 14%	68 22% G	118 29% GH	64 22%	161 22%
Read	139 14%	20 14%	12 12%	13 20%	51 13%	32 13%	11 15%	30 10%	47 15%	63 16%	39 13%	101 14%
Walk/ go for a walk	139 14%	26 19% E	15 15%	6 9%	49 13%	24 10%	19 24% CDE	45 15%	50 16%	44 11%	36 12%	103 14%
Talk/ talk it out	95 9%	10 7%	12 12%	14 21% ADEF	37 10%	20 8%	2 3%	28 10%	33 10%	34 8%	24 8%	71 10%
Relax	87 9%	8 5%	9 9%	2 3%	23 6%	37 15% ACD	8 11%	26 9%	30 10%	30 7%	33 11%	54 7%
Sleep	65 6%	12 8%	4 4%	3 4%	23 6%	19 8%	5 7%	28 10% I	18 6%	20 5%	20 7%	45 6%
Watch TV	65 6%	7 5%	12 13% E	4 6%	29 7%	9 4%	4 5%	24 8%	20 6%	20 5%	17 6%	48 7%
Play for sports	60 6%	3 2%	2 2%	7 11% ABF	22 6%	26 11% ABDF	0 -	14 5%	11 4%	35 9% H	21 7%	39 5%
Listen to music	48 5%	6 4%	0 -	5 7% B	16 4%	17 7% B	3 4%	22 7% HI	11 4%	15 4%	10 3%	38 5%
Spend time with friends	43 4%	7 5%	2 2%	1 2%	19 5%	11 4%	3 4%	14 5%	10 3%	19 5%	15 5%	28 4%
Solve the problem/ re-organize myself/ rethink the situation	42 4%	5 4%	7 8% E	2 3%	13 3%	5 2%	10 13% ADE	10 4%	18 6%	14 3%	5 2%	38 5% J
Computer games/ computers	40 4%	4 3%	7 7%	3 4%	20 5%	7 3%	0 -	14 5%	14 5%	12 3%	14 5%	26 4%

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

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Take a holiday/vacation	36 4%	1 1%	5 5%	3 5%	16 4%	7 3%	5 6%	4 1%	12 4%	20 5%	18 6%	18 2%
Play games/ video games	33 3%	4 3%	5 6%	4 5%	12 3%	4 1%	4 5%	14 5%	3 1%	15 4%	6 2%	27 4%
Gardening/ yard work	33 3%	6 5%	4 4%	1 2%	14 4%	4 2%	2 3%	4 1%	10 3%	18 4%	5 2%	27 4%
Meditate	31 3%	8 5%	1 1%	1 2%	9 2%	11 4%	2 2%	13 4%	6 2%	13 3%	6 2%	26 4%
Take alcohol/other drugs	30 3%	9 7%	3 3%	3 5%	10 2%	3 1%	2 2%	8 3%	13 4%	9 2%	14 5%	16 2%
Bath	29 3%	2 1%	3 3%	1 1%	13 3%	8 4%	2 3%	10 3%	6 2%	13 3%	10 4%	19 3%
Pray	29 3%	4 3%	2 2%	6 8%	11 3%	4 2%	3 4%	10 4%	15 5%	3 1%	10 3%	19 3%
Eat	29 3%	5 3%	3 4%	1 2%	15 4%	2 1%	2 3%	11 4%	5 1%	13 3%	8 3%	20 3%
Make family time	28 3%	4 3%	5 5%	4 5%	11 3%	3 1%	1 1%	7 2%	8 3%	13 3%	13 4%	15 2%
Go out	26 3%	1 1%	2 2%	1 1%	9 2%	14 6%	0 -	12 4%	7 2%	7 2%	12 4%	14 2%
Deep breaths	26 3%	5 4%	1 1%	0 -	7 2%	13 5%	0 -	8 3%	11 3%	7 2%	5 2%	21 3%
Let it go/ get over it	24 2%	5 4%	2 2%	1 2%	8 2%	5 2%	2 3%	5 2%	13 4%	6 1%	3 1%	21 3%
Stay busy	23 2%	3 2%	2 2%	1 2%	6 2%	10 4%	1 2%	9 3%	10 3%	4 1%	3 1%	20 3%
Crafts/ work with my hands [incl. woodworking]	22 2%	3 2%	0 -	1 2%	9 2%	6 3%	2 3%	4 1%	5 2%	13 3%	2 1%	20 3%

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

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Spend time alone	21 2%	3 2%	2 3%	0 1%	5 1%	9 4% D	2 3%	9 3%	3 1%	10 2%	9 3%	13 2%
Take prescriptions/anti-depressants	21 2%	1 1%	3 3%	0 -	10 3%	6 3%	0 -	5 2%	10 3%	6 1%	4 2%	16 2%
Avoid the stressor	20 2%	2 1%	0 -	1 1%	5 1%	10 4% D	2 3%	5 2%	8 2%	7 2%	6 2%	13 2%
Smoking	19 2%	4 3%	3 3%	3 4%	6 1%	2 1%	2 3%	5 2%	10 3%	4 1%	10 3% K	9 1%
Sex	18 2%	0 -	6 6% AE	0 -	8 2%	3 1%	2 2%	4 1%	8 2%	7 2%	7 2%	11 2%
Watch movies	15 2%	4 3%	2 2%	3 5% D	4 1%	3 1%	0 -	4 1%	3 1%	9 2%	3 1%	12 2%
Shopping	14 1%	3 2%	2 2%	1 1%	8 2%	2 1%	0 -	1 1%	4 1%	9 2%	3 1%	11 2%
Play with kids/ pets	14 1%	0 -	3 3%	2 3% A	6 2%	2 1%	1 1%	2 1%	4 1%	8 2%	9 3% K	5 1%
Work more/ work longer hours	14 1%	3 2%	0 -	1 1%	6 2%	1 0	3 4%	6 2% I	7 2% I	1 0	6 2%	8 1%
Housework/ clean the house	13 1%	3 2%	1 1%	1 1%	7 2%	2 1%	0 -	0 -	1 0	12 3% GH	4 1%	9 1%
Hobby	13 1%	4 3% D	2 2%	1 2%	3 1%	2 1%	1 1%	5 2%	3 1%	5 1%	2 1%	11 2%
Play music	13 1%	1 1%	1 1%	0 -	9 2%	1 1%	0 -	3 1%	3 1%	7 2%	4 1%	9 1%
Golf	13 1%	3 2% E	1 1%	2 3% E	6 1%	0 -	1 1%	0 -	5 2% G	8 2% G	3 1%	10 1%
Have fun	12 1%	0 -	2 2%	0 -	3 1%	6 2%	1 2%	4 1%	2 1%	6 1%	5 2%	7 1%
Eat well	9 1%	0 -	0 -	0 -	4 1%	3 1%	2 2%	3 1%	3 1%	3 1%	2 1%	7 1%

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

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

* small base

		REGION						HOUSEHOLD INCOME			HOUSEHOLD COMPOSITION	
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K
Laugh	9 1%	3 2% E	3 4% DE	0 1%	2 0	0 -	1 2%	2 1%	4 1%	3 1%	2 1%	8 1%
Other	134 13%	14 10%	10 10%	10 15%	55 14%	34 14%	11 14%	45 15%	39 12%	50 12%	36 12%	98 13%
Nothing/Don't do anything	20 2%	2 1%	0 -	1 1%	11 3%	5 2%	1 2%	9 3%	7 2%	4 1%	4 2%	16 2%
(Dk/Ns)	13 1%	1 1%	3 3%	0 -	7 2%	2 1%	0 -	3 1%	4 1%	6 2%	5 2%	8 1%