

MORE STRESSED

Q. How does your current level of stress compare to one month ago?

60%

Q. What do you think your level of stress will be one month from now as compared to today?

54%



TOTAL AGREE

With everything going on today, I'm taking extra efforts to pamper myself.

DEC '24

42%

FEB '25

47%

71% of Americans agree that
"There is no time like the present"



Maintaining a better work life balance has become more important to me over the past few years.

