

2015

FUTURE LEADERS INDEX

2
WHITE PAPER

BUSY BEES

65%
feel busy

all the time, very often or quite often



find it difficult to juggle all elements of life



like being very busy

GENERATION STRESSED



49%

are stressed all the time, very often or quite often

30-49
work hours / week



is when stress levels increase most rapidly



Females are almost **twice** as likely to be stressed

CAUSES OF STRESS



Trying to save



Top two causes



Trying to stay fit / healthy

SURVIVAL OF THE FITTEST



correlates with the most significant stress reduction

Yet

44%

not reaching the minimum recommended **2.5hrs** of physical activity

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