

How do you manage your personal stress levels?

Art
Reading
Knitting
Music
Gardening
Walking
Video games
Sport
Photography
Exercise
Cooking
Board games
Writing
Cycling
Volunteering
Fishing
Cinema
Swimming
Dancing
DIY
Studying
Singing
Genealogy
Theatre
Outdoors
Collecting
Horse riding
Studying
Sailing
Motorbikes

How do Britons manage their personal stress levels?

11% meditation
7% me time, being alone or self care
7% walking or running
6% church, praying or spirituality
5% nature and spending time outdoors