

# DR.VEGAN®

## STRESS SURVEY 2023

Our survey reveals the impact of stress and anxiety, the symptoms, and the most effective methods to overcome stress and anxiety.

Online survey of 545 people in the UK during February 2023. Nationally representative.

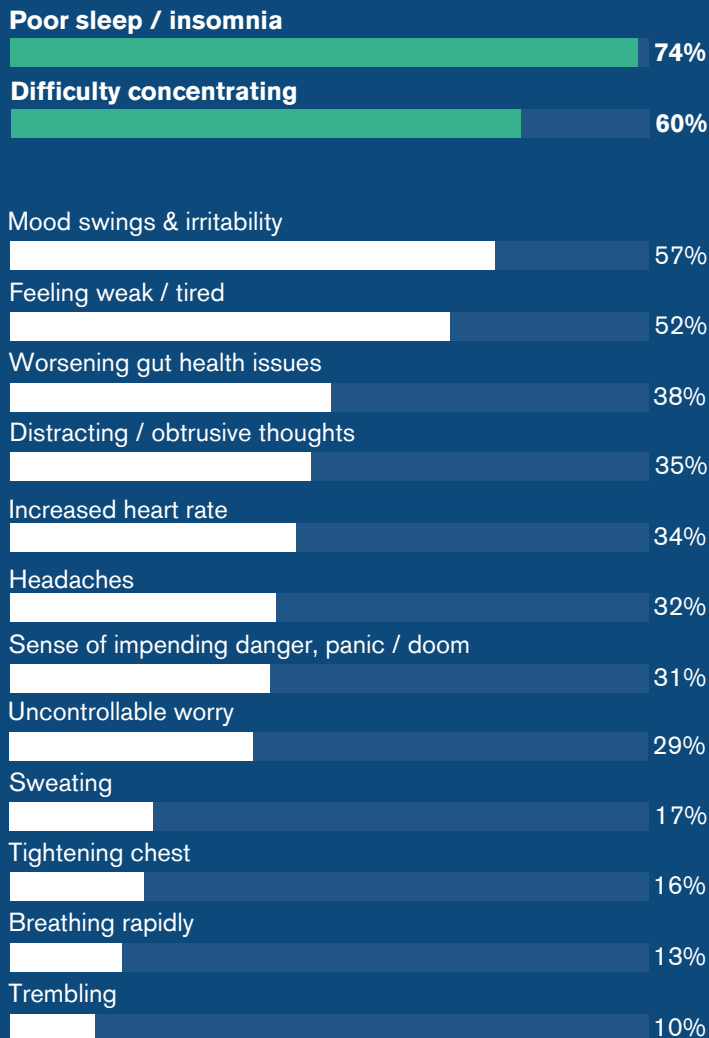
### Stress, anxiety & mental health

DR.VEGAN® research of 12,235 people over an 18-month period between August 2021 & February 2023 showed 47% of people describe their level of stress as 'high' / 'overwhelming'. 49% say their stress is 'manageable' & just 4% describe themselves as 'stress free'.

According to Ipsos Global Health Service Monitor 2022, mental health is now the 2<sup>nd</sup> biggest health concern (36%), moving ahead of cancer (34%) for the first time, & second only to Coronavirus (47%).

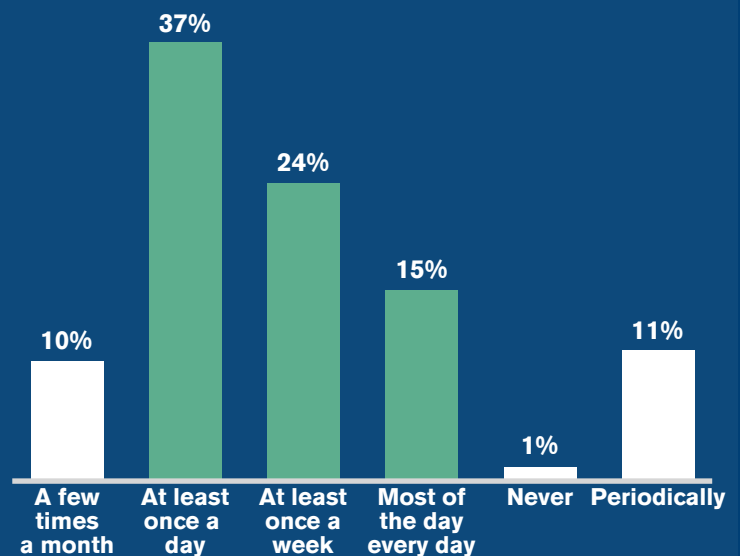
Our Stress Survey 2023 looks at the symptoms & impact of stress.

### Symptoms of stress & anxiety

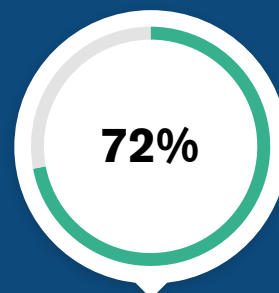


### How often people feel stressed

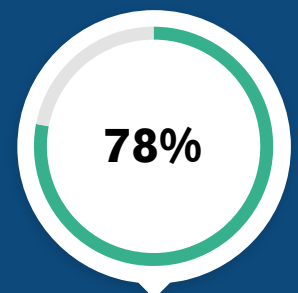
78% feel anxious / stressed at least once a week.



### Impact on lifestyle



Feel their diet worsens when stressed



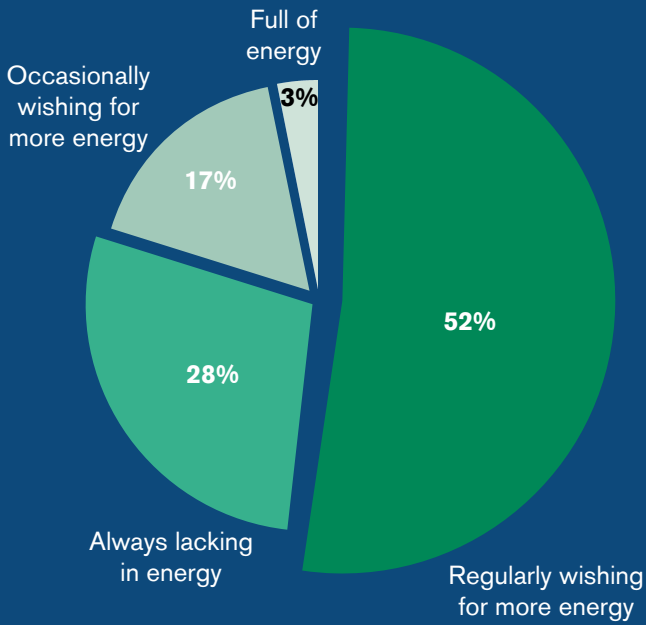
Feel employers don't do enough to support employees who are stressed / anxious

72% avoid social situations when stress is high / overwhelming.

The mental health effects of stress have a knock-on effect on our social life & can create a vicious circle of symptoms that can ultimately lead to depression.

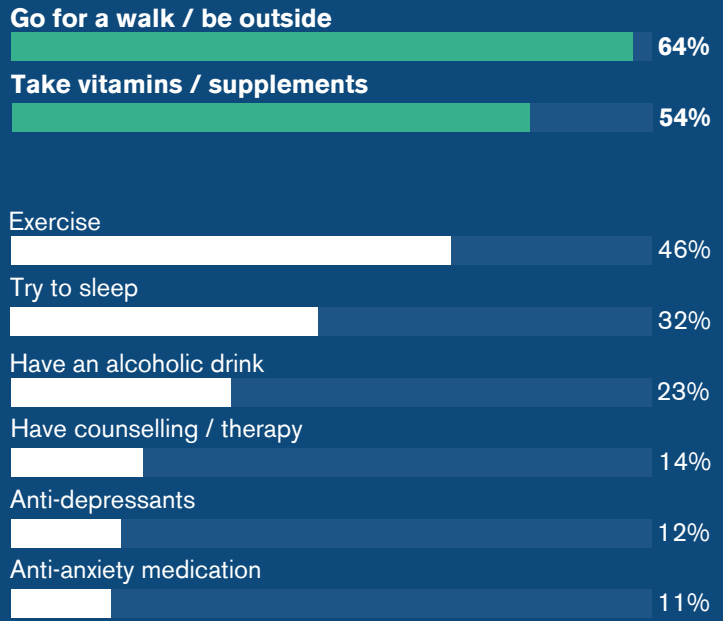
## Impact on energy

Only 3% of those with high & overwhelming stress levels feel they are full of energy.



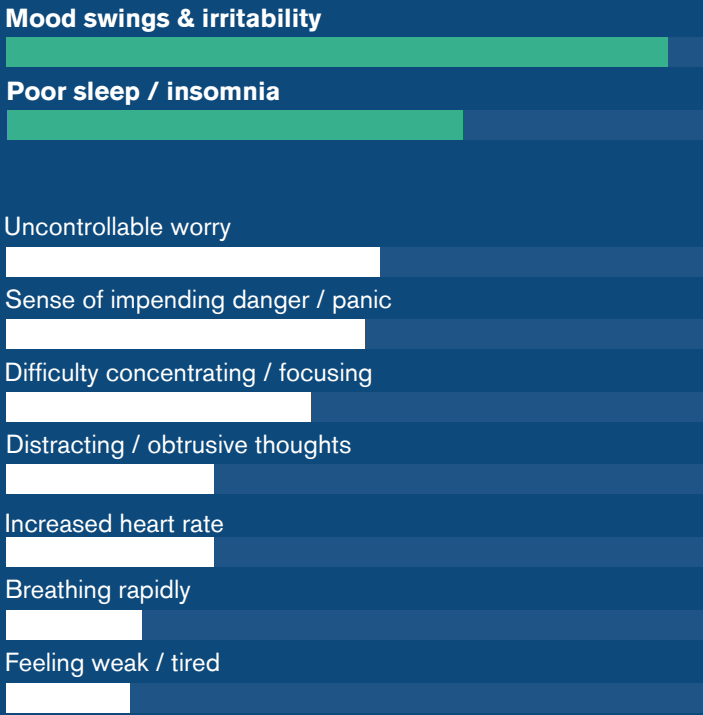
## Stress-reducing treatments tried

94% find going for a walk effective in reducing stress / anxiety



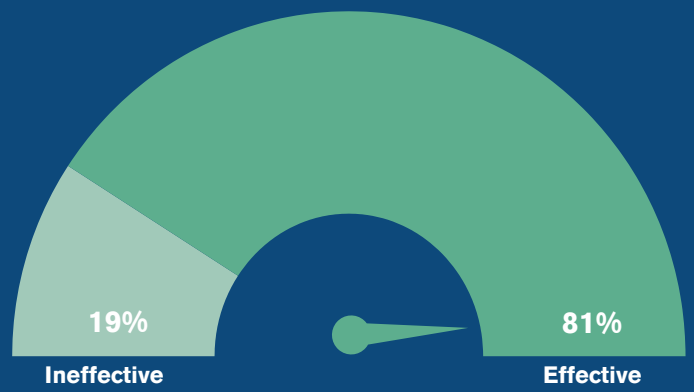
## How Stay Calm™ works

### Symptoms Stay Calm™ helps relieve



### Effectiveness of Stay Calm™

86% of Stay Calm™ customers enjoy relief from symptoms within 4 weeks.



81% of people find Stay Calm™ effective



7 out of 10 Recommend Stay Calm™

For the full report & results of our Stress Survey 2023 please contact us at [team@drvegan.com](mailto:team@drvegan.com)