



Stress Management Society
from distress to de-stress

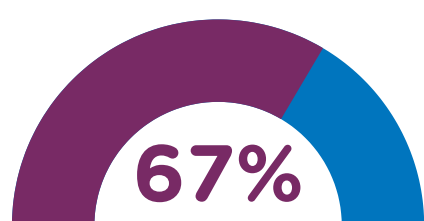
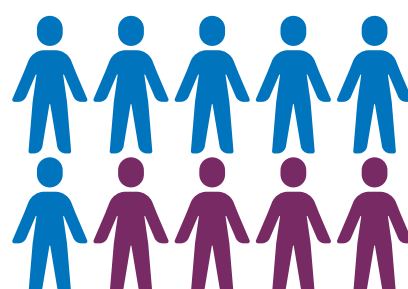
FINDING UNITY THROUGH THE POWER OF COMMUNITY

STRESS AWARENESS MONTH 2022

These challenging times have highlighted the importance of social cohesion and relationships for our wellbeing and our ability to cope with uncertainty. Over a century of research has proven how crucial social connection is.

3.7 MILLION ADULTS IN THE UK

said they 'often' or 'always' felt lonely
(from October 2020 to February 2021)



67% IN THE UK

of people have experienced social isolation and loneliness following a bereavement

10.5 MILLION PEOPLE IN THE UK

said their wellbeing had been affected because they felt lonely in the last year



1 IN 4 YOUTH (GLOBALLY)

are experiencing clinically elevated depression symptoms

1 IN 5 YOUTH (GLOBALLY)

are experiencing clinically elevated anxiety symptoms

NEARLY 9 IN 10 BRITONS

aged from 18 to 24 said they experience loneliness to some degree with a quarter (24%) suffering often and 7% saying they are lonely all of the time.

Loneliness is a preventable public health issue and has been linked to mental illness, suicide, poor health behaviours, and premature death. It is characterized by a perceived lack of social support and a sense of social disconnection.

Discover more at
www.stress.org.uk
www.wellbeing.work



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