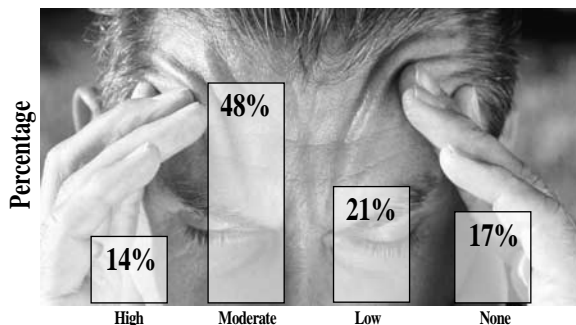


Edmontonians' poll station

By Linda Banister

In a world seemingly dictated by snap meetings, tight deadlines and driving the kids to all their activities (not to mention those other important things like eating and sleeping), stress has become a most prevalent factor in modern day living. This month's poll station looks at the stress levels of Edmontonians and what they are doing to help alleviate pressure.

HOW STRESSED ARE YOU?



Well over half of the Edmontonians polled indicated they were moderately, if not highly, stressed in their daily lives. Fourteen percent (14%) of respondents reported having a high level of stress, while almost half (48%) of respondents felt they had a moderate level of stress. Additionally, just over one-fifth of respondents (21%) indicated they had a low stress level and 17 percent felt no stress at all in their lives.

WHAT FACTORS CONTRIBUTE TO YOUR LEVEL OF STRESS?

Of those feeling stressed, work and school were cited by just under half (48%) of respondents as the most contributing factor. One-third (34%) cited family and 27 percent indicated that money matters contributed to their anxiety levels. Other factors included lack of time (12%), relationships (6%), safety/traffic issues on Edmonton's streets (5%) and personal health (5%). Respondents also mentioned life in general (3%), war and the international situation (2%), and the news and current events (2%). Seven percent (7%) of respondents did not know what factors contributed to their stress levels.

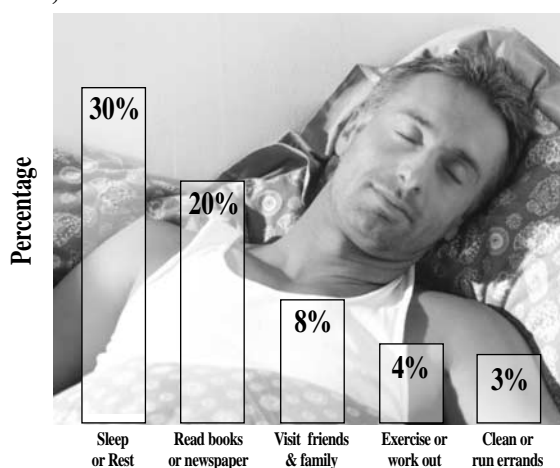
WHAT ACTIVITIES DO YOU DO TO ALLEVIATE STRESS?

When asked what activities they do to alleviate stress, respondents provided a wide and varied list of responses. Reading was the most frequently mentioned activity (14%) followed by playing or listening to music (9%), playing sports or exercising (9%), sleeping and/or resting (9%), relaxing in general (9%), partying and socializing with friends (8%). Eleven percent admitted to doing nothing while 6 percent of respondents were unsure what specific activities they do to alleviate stress.

WOULD YOU USE ANY ALTERNATIVE METHODS TO ALLEVIATE STRESS?

Participants were asked if they have or would be willing to use a number of alternative methods to deal with the stresses of daily life. Thirty-five percent (35%) of respondents said they would use yoga as an alternative method. Just over one-third (34%) of respondents said they would consume special foods such as organic foods and nutritional supplements, 16 percent indicated they would use acupuncture, and 2 percent said they would try hypnosis.

IF YOU HAD AN EXTRA HOUR IN EVERY DAY, WHAT WOULD YOU DO WITH IT?



In a world where we all had 25 hours in a day, 30 percent (30%) of respondents said they would use the extra hour to sleep or rest, while one fifth (20%) would read books or the paper. Eight percent (8%) felt they would spend more time with family and friends, 4 percent would exercise, and 3 percent would clean or run errands. Nine percent were unsure what they would do with the extra time.

The *Edmontonians* Poll Station surveyed 100 city of Edmonton residents on this topic and while the results of the research are not statistically reliable, they do provide a qualitative indication of what Edmontonians are thinking. ✓



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