

PUSH DOCTOR

Happiness Survey 2017

Intro

Happiness is a goal we all share and your mental health is a vital part of this.

That's why we launched our Push for Happiness campaign, to encourage people to look after their mental health. We've collected lots of expert advice on how areas such as diet, exercise and speaking up if you need help can contribute to a happier person.

Now it's time for us to find out exactly how happy the country is and discover exactly what influences how a person feels.

In November 2017, we surveyed 1,000 UK adults and looked at how factors such as gender, location, money, relationships, diet, exercise, sleep and work affect happiness.

In some cases, what we found was not what we expected.

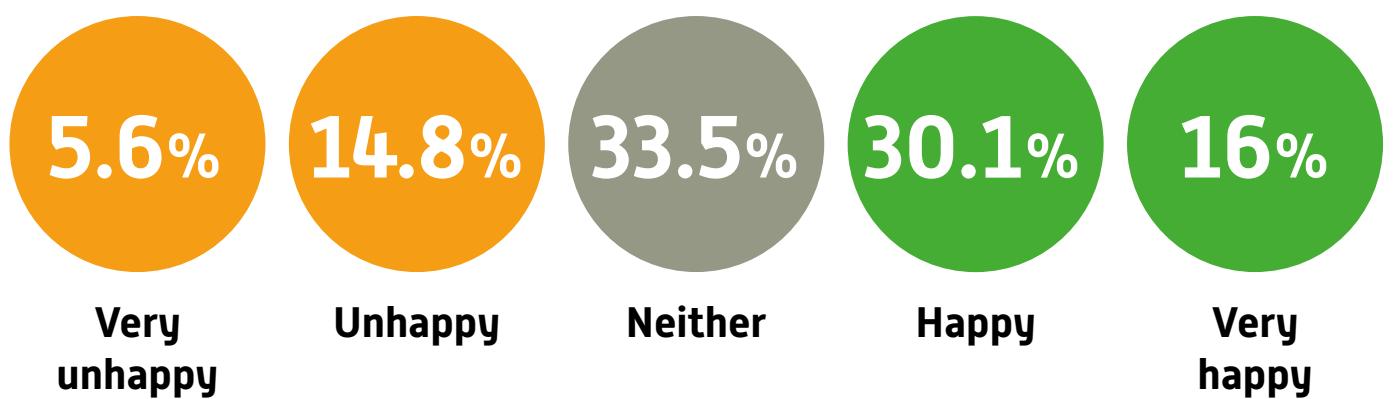
*These findings are based on a survey of 1,000 UK adults, conducted in November 2017.



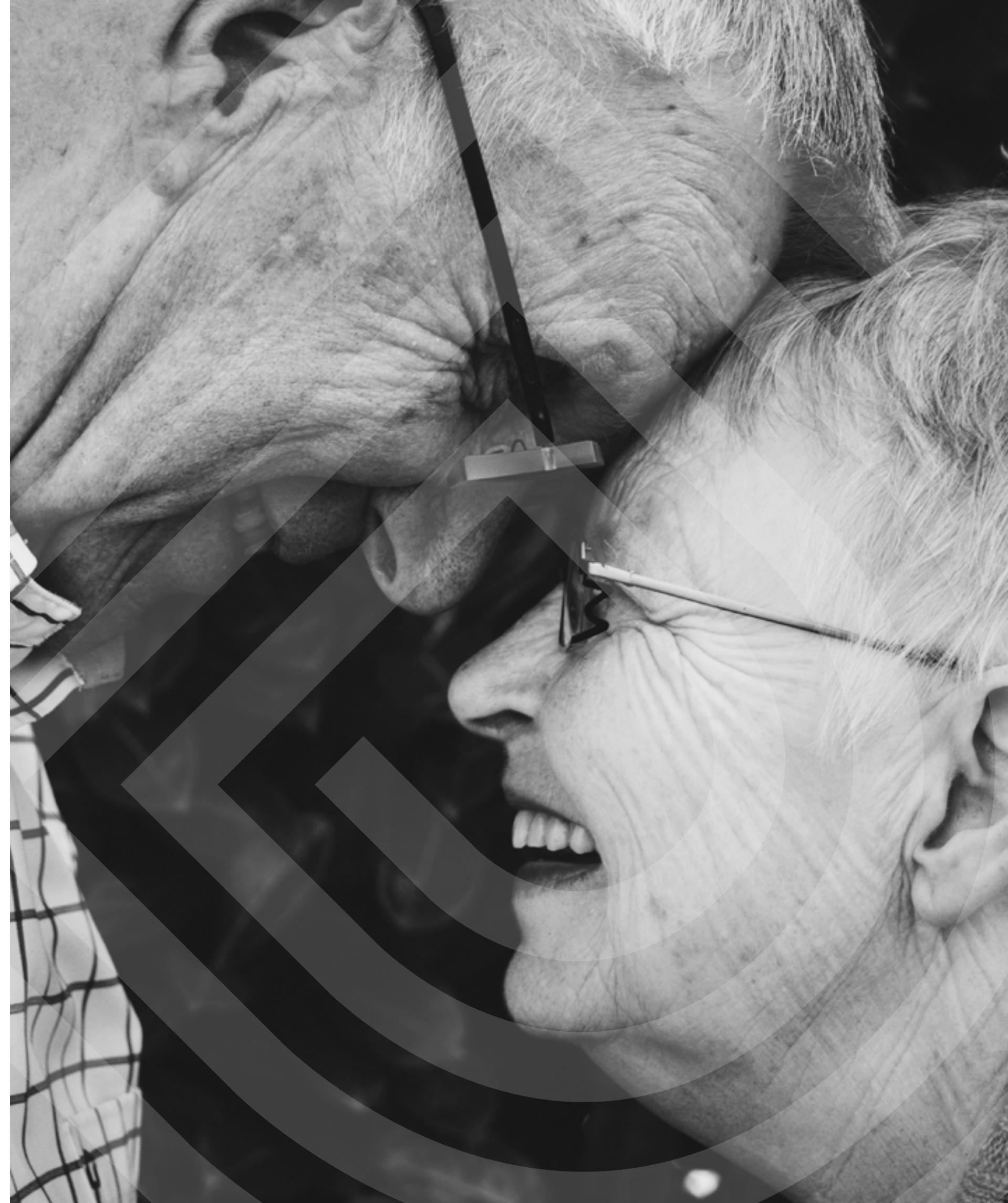
General Happiness

At the most basic level, we can see that **46%** of people are **happy** and **20%** of people are **unhappy**.

Over the last year how happy have you felt on a scale of 1-5?



While it's good to see that there are more happy than unhappy people out there, we're interested to find out why people feel the way they do.



Men VS Women

Just over half the **men** we surveyed (**51%**) were either '**happy**' or '**very happy**', compared with only **42%** of **women**.

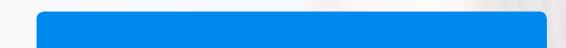
At the other end of the scale, we found that there was very little difference between the number of men and women who described themselves as 'unhappy' or 'very unhappy'. Our results show that 21% of men and 20% of women placed themselves in these categories.

Crucially, we discovered that while 92% of women would ask for help if they felt down, only 76% of men would feel comfortable doing the same.

Based on a sample of 51% men and 49% women.

Over the last year, how happy have you felt on a scale of 1-5

Very happy



Happy

Neither

Unhappy

Very unhappy

Men

Women

Happiest Man Profile

We analysed the responses of men who described themselves as 'very happy', and discovered that:



71%
exercise at least
twice a week



63%
get 6-8 hours of
sleep per night



49%
feel they have
a healthy diet



71%
see their friends at
least once a month



62%
are very happy
in their job



The happiest men in
our survey live in the
North West

Happiest Woman Profile

We did the same thing with the 'very happy' women who responded.
Once again, we saw some interesting patterns emerging:



60%
exercise at least
twice a week



51%
get 6-8 hours of
sleep per night



35%
feel they have
a healthy diet



64%
see their friends at
least once a week



67%
are very happy
in their job



The happiest women
in our survey live
Scotland

The UK's Happiest Regions

We know that 46% of people across the UK are happy. But where are the country's happiest people, and what's putting them in such a good mood?

As our map reveals, the North West and Yorkshire are the only regions where over half the people are happy. Meanwhile, the three regions with the lowest percentage of happy people are all found in Southern England.

We looked at the happiest region (the North West) to see if there were any healthy habits to be found. Of the people in the North West who describe themselves as happy:

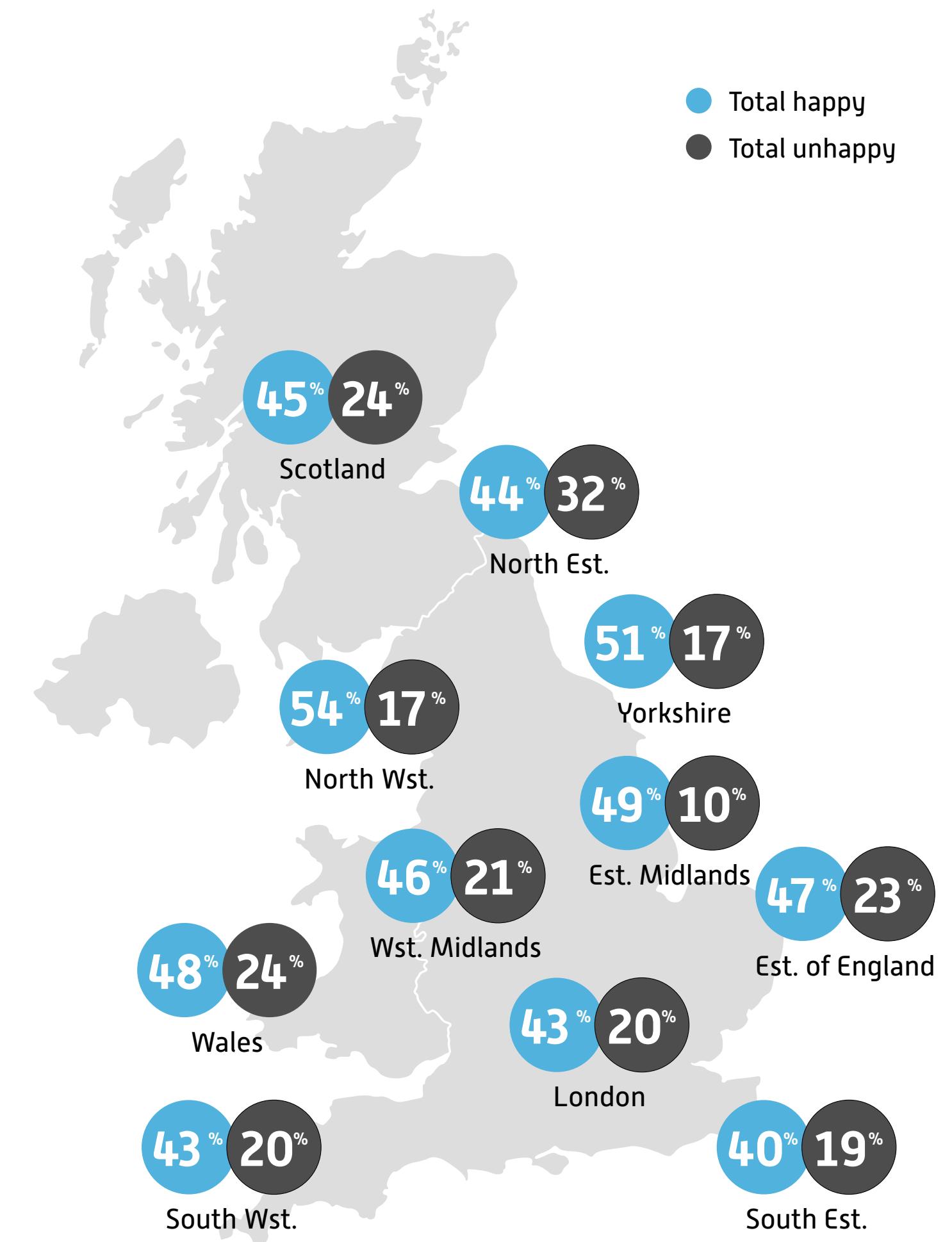
 **60%**
exercise at least twice a week

 **49%**
get 6-8 hours of sleep per night

 **52%**
like their job

 **60%**
see their friends at least once a week

 **59%**
have never suffered from a mental health condition



Does money make you happy?

We asked all our respondents to tell us the one thing that would make them happier. A quarter of them mentioned money.

While some of them were keen to have more, for many people just having enough would improve their mood. Common themes included less debt and more financial stability in their lives.

Salary was also mentioned, and this is perhaps the best measurement our survey has of whether money can make you happy. Curiously, we found that a larger salary didn't have a huge impact on overall happiness. There's a jump at the £45,000 mark, but this quickly plateaus again for higher salaries.



Indeed, we found lots of examples that suggest money really isn't everything.

22% EARNING
£50,000+
UNHAPPY

14% earning
£50,000

42%
earning less than
£15,000
Happy

Of those people
57%
like their job

20% EARNING
LESS THAN
£50,000
UNHAPPY

Diagnosed with
MENTAL HEALTH
Condition

This suggests that job satisfaction has a big say in your overall happiness.

Relationships

You often hear people say that their friends and family are the most important part of their lives. But how much influence do your loved ones really have over your happiness?

First and foremost, we've seen that people are far more likely to talk to someone they know about their health than see a doctor. 75% of people would confide in a partner, friend, family member or work colleague, while just 5% would be comfortable talking to a professional.

However, we also saw that the unhappier a person is, the harder they find talking about their mental health at all. 30% of people who described themselves as unhappy told us they don't talk to anyone if they're feeling down.



Does how often you see your friends affect your happiness?

Relationship Status	Happy Men	Unhappy Men	Happy Women	Unhappy Women
Single	52%	22%	37%	23%
Married	54%	16%	49%	16%
In a relationship	49%	28%	45%	16%
Divorced or separated	56%	14%	35%	29%

Spending time with friends is one of the best ways to relax and relieve stress. It should follow that seeing them regularly will make you happier, and our results suggest that this is indeed the case.

65% of people who described themselves as 'happy' saw their friends at least once a week, while only half the 'unhappy' people surveyed saw them this often. 55% of people who see their friends every day are happy, while this is the case for only 25% of those who claim to 'never' see their friends.

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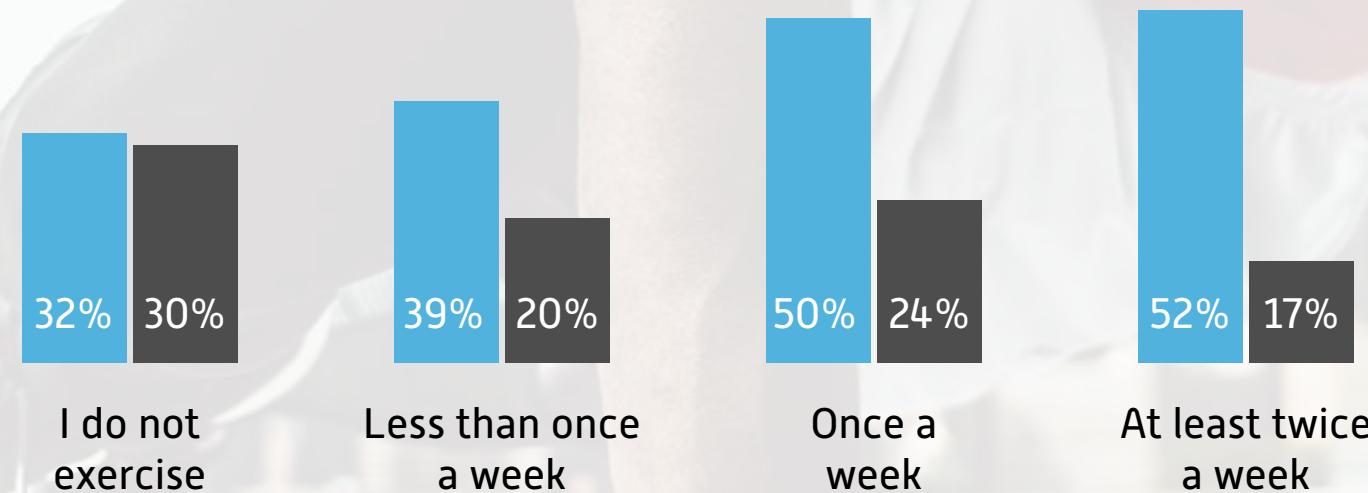
Diet & Exercise

We know that exercise prompts your brain to release endorphins, often known as the 'happy hormone'. People often talk of feeling a 'buzz' after exercising, so we would expect that people who are active regularly are also happier.

We can see that this is the case, with each new level of exercise producing more happy people and (with one exception) fewer unhappy people.

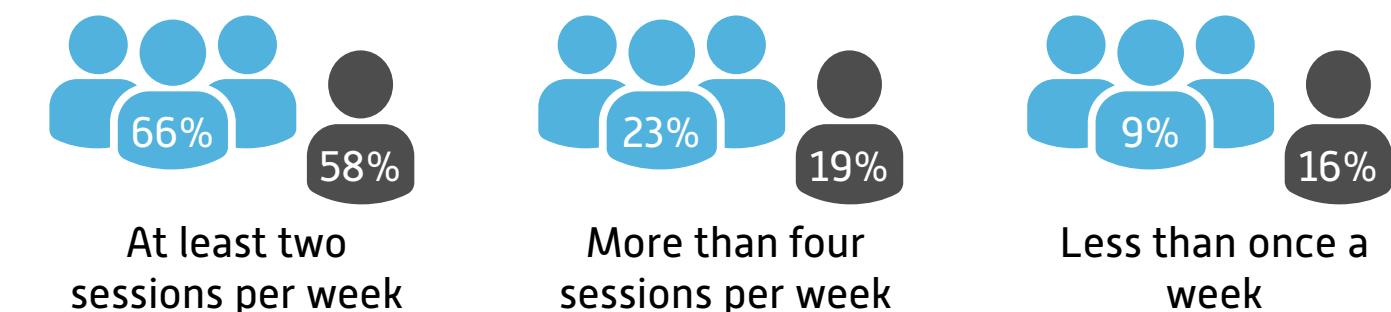
Exercise level

● Total happy ● Total unhappy



Does exercising in a group make you more motivated?

● Group ● Individual



Can a healthy diet make you happy?

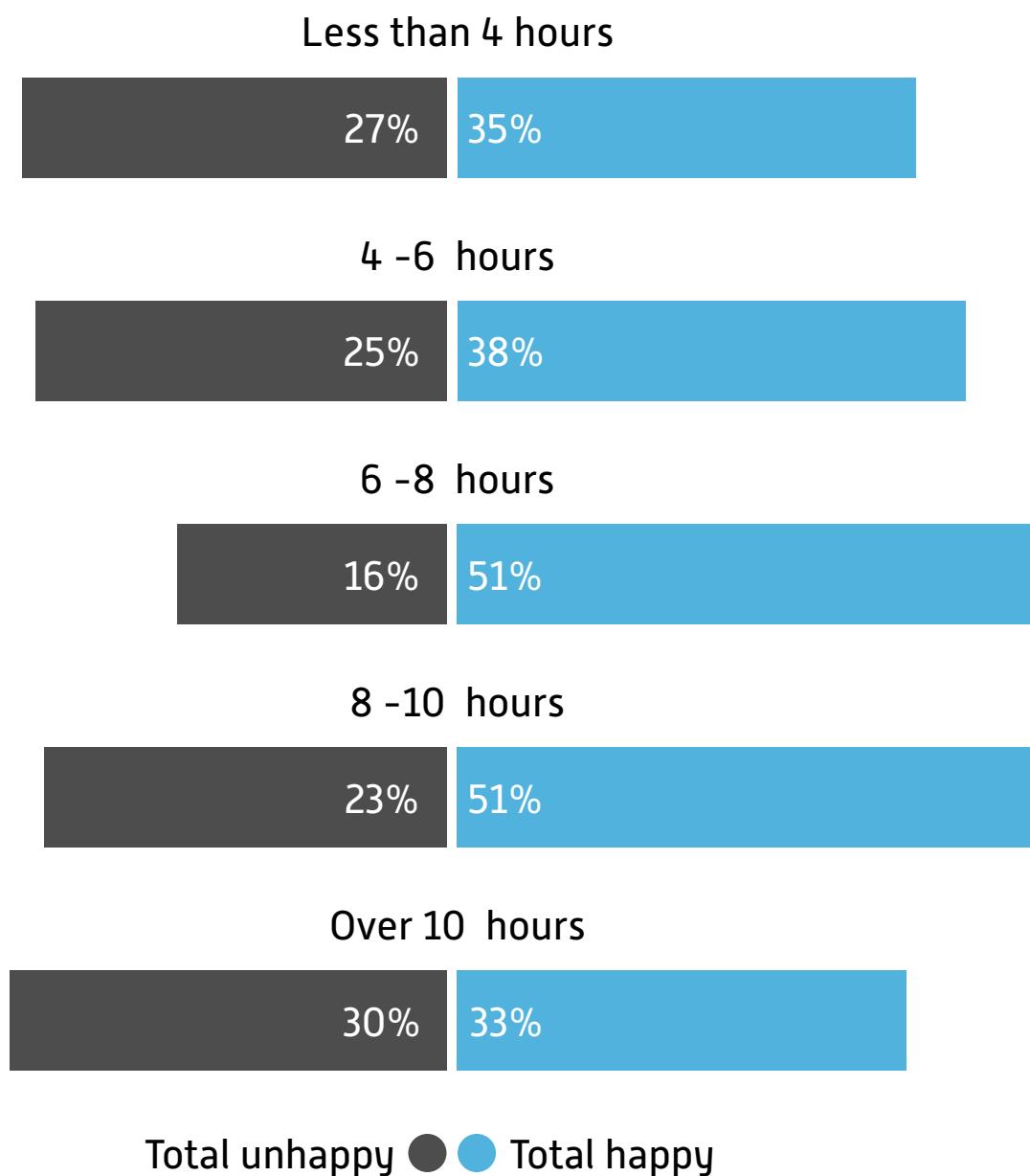
- 63% of people who claim to have a healthy diet would also class themselves as happy.
- Only 26% of people who think their diet is unhealthy say they are happy. In fact, 36% of those with an unhealthy diet are actually unhappy.

How can diet and exercise affect mental health?

- 67% of people who exercise at least twice a week and have a healthy diet are happy.
- By contrast, of the people we spoke to who exercise less than once a week and have a poor diet, just 10% are happy.

Sleep

Correlation between amount of sleep and how happy you are.



Poor sleep is not good for your health. Whether you're not getting enough, or it's simply that the quality of your sleep isn't great, this can have a huge impact.

Long-term, sleeping too much or too little can raise your chances of serious health issues, such as obesity, high blood pressure, heart disease and diabetes. Short-term, you may find yourself feeling tired all the time and have difficulty concentrating or making decisions.

You're also likely to be in a bad mood. As our survey shows, those who slept for fewer than four hours or more than ten hours were the most unhappy.

Generally, it's recommended that people get between seven and nine hours, but it's also accepted that some people are able to function perfectly well with less, while others need a little more. For this reason, it's no surprise to find that the happiest people got between six and ten hours of sleep.

Mental Health

Have you ever had a mental illness?

● Total happy ● Total unhappy

No	58%	10%
I have been diagnosed	33%	34%
I believe I have, but have never been diagnosed	40%	31%
I'm not sure	34%	20%

It would be wrong to assume that being diagnosed with a psychological illness automatically means you will be unhappy.

As you can see, there are as many happy people as there are unhappy people among those who have been diagnosed. Even among those people who believe they have a problem, 40% are still happy, while just 31% are unhappy.

It seems that many people are able to manage and treat their condition and lead perfectly happy, fulfilling lives. Having said that, there is a clear difference in overall happiness for people whose mental health isn't under strain. Strikingly, just 10% of those people are unhappy.



Does a diagnosis have an impact on your happiness?

We wanted to see whether knowing what you're up against can make mental health problems easier to deal with. However, what we actually found was that some people appear happy enough not to put a label on their condition, even if they're convinced they have one.

28% of the people we asked told us they weren't sure if they had a mental health condition, or the believed they have one but hadn't sought a diagnosis. 37% of those people were happy, while just 26% were unhappy.

Not only that, just 4% of them would seek professional help, while 21% wouldn't tell anyone at all about how they're feeling.

25% of our respondents have been diagnosed with a mental health condition and just 33% of them were happy - a lower percentage than those who remain undiagnosed. One striking statistic is that receiving a diagnosis does seem to make people more receptive to professional help, as 10% of these people would go to a doctor if they were feeling down.

Work

Work takes up a lot of our lives, so your feelings about your job are a key part of how happy you are overall.

88% of the people we spoke to currently have a job. Of those who liked what they do, 65% were happy overall, while just 10% were unhappy.

In contrast, feeling negative about your job, or not having one at all, are both likely to cause unhappiness. Just 26% of people who don't like their job are happy, while 38% have found that their feelings about their job contribute to an overall feeling of unhappiness. Meanwhile, 46% of people who are unable to work describe themselves as unhappy.

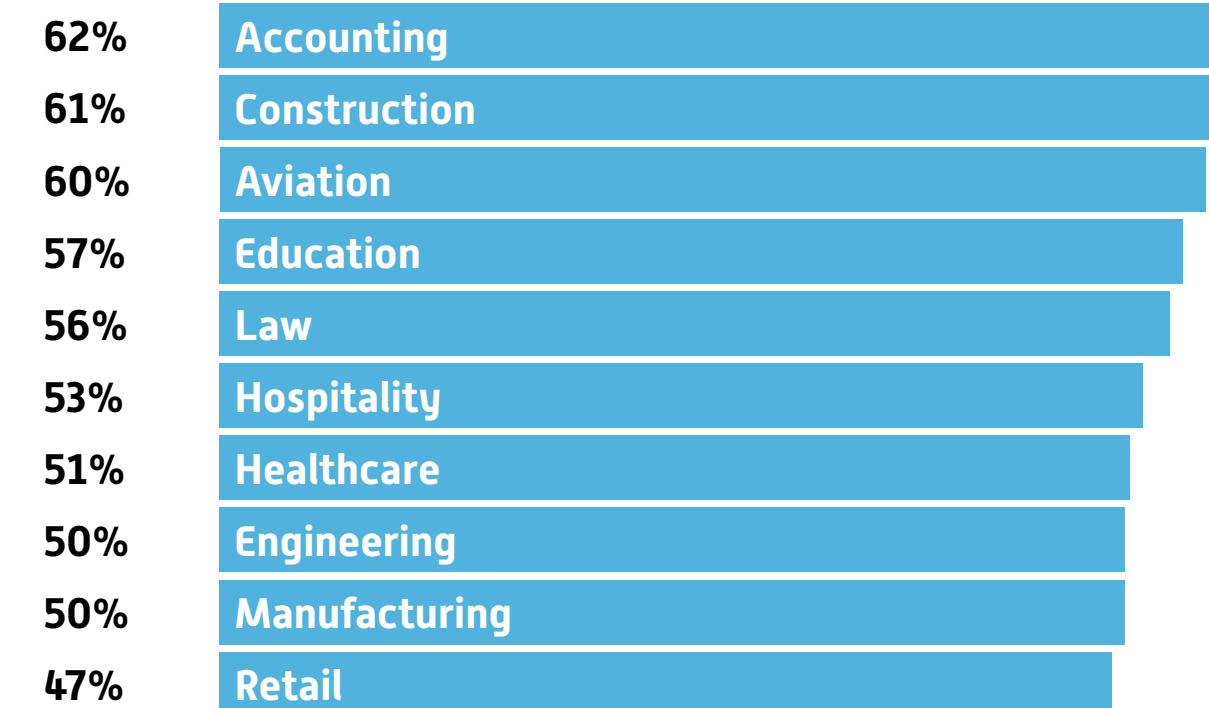
Which job sector is the happiest?

As well as asking people if they enjoy their work, we were interested to see if people found certain jobs more enjoyable.

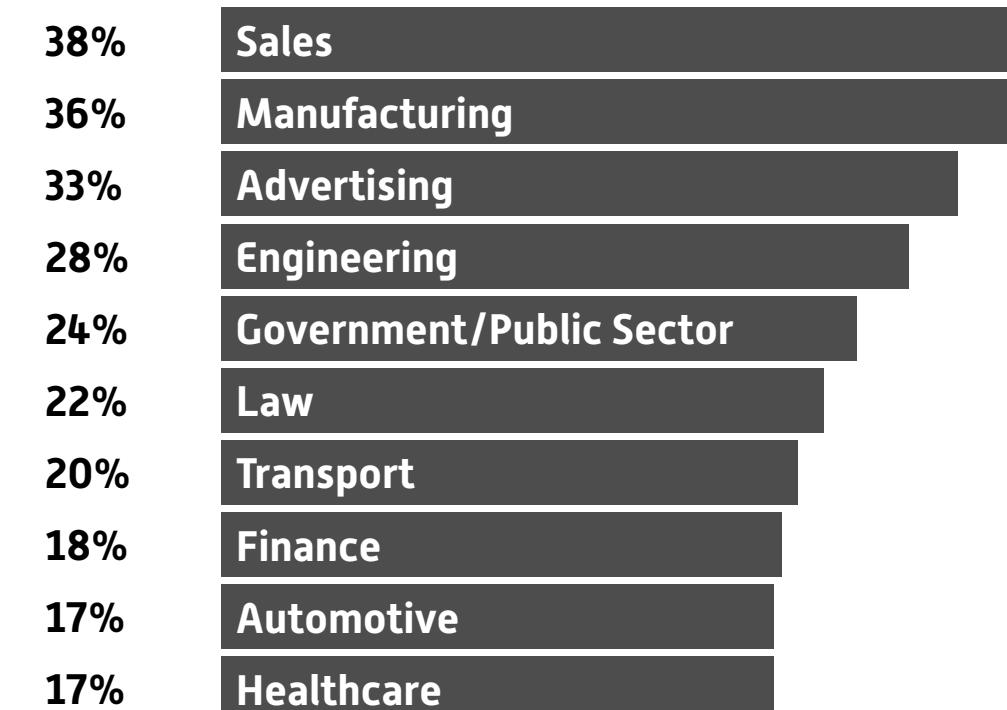
We discovered that Accounting was the happiest sector, with 62% of people rating themselves as 'happy' or 'very happy'.

On the other hand, 38% of people who work in Sales are unhappy in their job. Interestingly, this is also the sector with the highest percentage of people (63%) working over 40 hours per week.

Happy



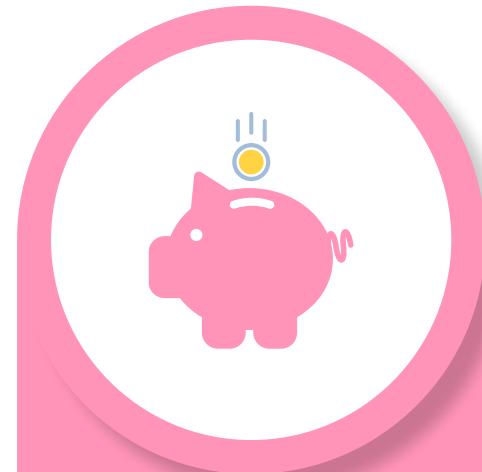
Unhappy



Conclusion

Based on our findings, there are a number of patterns that suggest ways the average person can improve their happiness.

We've learned that:



Money isn't
the key
to
happiness



Men are
happier
than
women...

but women are
more likely to
ask for help with
their mental
health if they
need it.



People are
more likely
to feel
happy on a
healthy diet



People who
exercise
are
happier

and you're more
likely to exercise
if you're with a
group of people



A job you
enjoy will
make you
happier

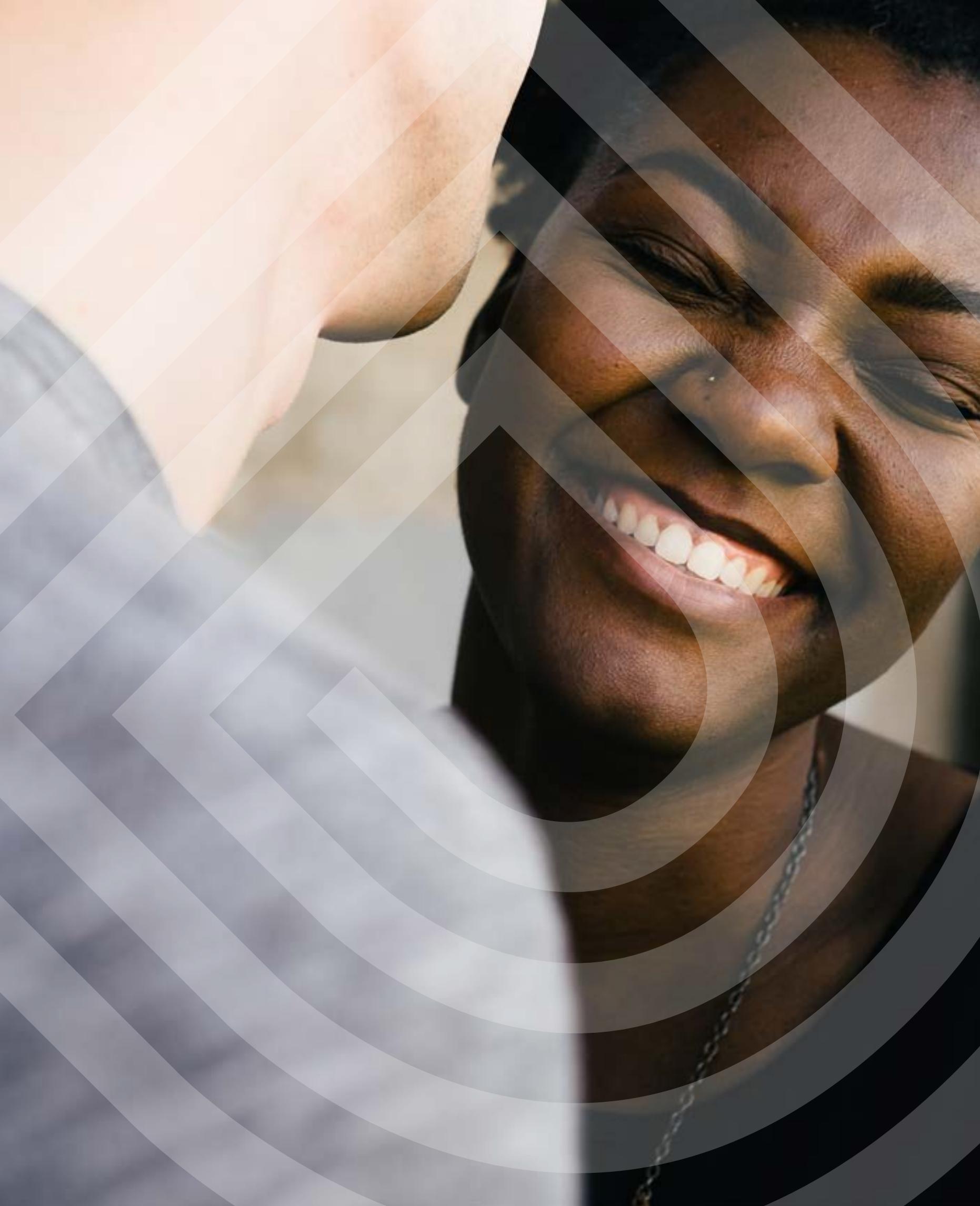


Many people
diagnosed
with a
mental
health
condition
describe
themselves
as happy.



6 - 10 hrs.
sleep will
improve
mood

Whether it's changing your job, getting more sleep, persuading a friend to go jogging with you, or even just asking for help with your mental health, it's possible to change your life for the better and feel happier as a result.



Contact Us

Please get in touch for all questions regarding PushDoctor.co.uk, or if you are looking for any of the following:

- Expert comment and information on healthcare, wellbeing and the future of the healthcare ecosystem
 - Consultation trials and giveaways.
 - Product images and user statistics.
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