

STRESS AND WELLBEING IN AUSTRALIA 2014



MENTAL HEALTH



Almost two in five Australians reported experiencing some depression symptoms, with 13% of these reporting depression symptoms in the severe to extremely severe range.



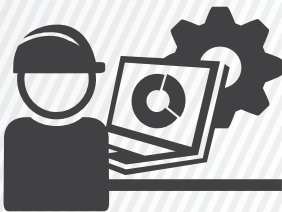
More than one quarter of Australians reported experiencing at least some anxiety symptoms, with 13% reporting severe to extremely severe levels of anxiety.



Similar to previous years' findings younger adults continued to report significantly higher levels of depression and anxiety symptoms compared with older Australians.



This year men reported significantly higher levels of anxiety than women.



WORKPLACE STRESS AND WELLBEING

Issues in the workplace remain a key cause of stress for Australians, with two in five working people (44%) identifying work as a source of stress.

Work was also implicated in health outcomes, with nearly half of those surveyed (48%) citing 'work demands' as a barrier to maintaining a healthy lifestyle.

STRESS AND DISTRESS



One in four Australians reported moderate to severe levels of distress this year



The highest levels of stress and distress were reported by young Australians (18-25 and 26-35 year age group).



Older Australians, aged 66 and above, continued to report significantly lower levels of stress and distress.

WHAT IS THE IMPACT OF STRESS?

Stress continues to affect the mental and physical health of Australians.



Consistent with previous years findings, just over seven in ten Australians (72%) reported that current stress was having at least some impact on physical health, with almost one in five (17%) reporting that current stress was having a strong to very strong impact on physical health.



Similar to findings in 2013, almost two in three Australians reported that current stress was having at least some impact on their mental health (64%), with almost one in five (19%) reporting it was having a strong to very strong impact.



More than one in five (22%) reported mental health issues as a source of stress.

WHAT'S CAUSING STRESS?

Financial issues remain the leading cause of stress for Australians, with nearly half of all participants (49%), citing it as a cause of stress, followed by:

- 45%** Family issues
- 39%** Issues with trying to maintain a healthy lifestyle
- 42%** Personal issues
- 36%** Issue with the health of a close one

HOW DO AUSTRALIANS MANAGE STRESS?

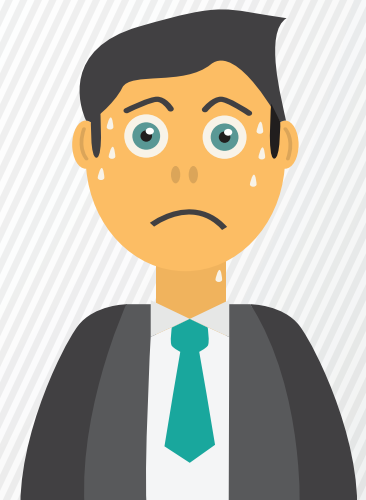
Australians manage stress in a range of ways, using activities to relieve stress as well as strategies to change their thinking and behaviour, including thinking positively, adjusting their expectations and avoiding stressful people and situations.

Top five ways of managing stress:

- 87%** watching TV or movies
- 83%** spending time with families or friends
- 81%** focusing on the positives
- 80%** listen to music
- 76%** reading

MOST EFFECTIVE STRATEGIES:

- 85%** Doing something relaxing
- 84%** Spending time with friends and family
- 84%** Spending time doing a hobby
- 83%** Doing something active
- 82%** Listening to music



SEEKING HELP

Family, friends and GPs remain the most popular choices from whom to seek help.

One in seven Australians (13%) sought help from a psychologist or other mental health professional in the past 12 months