

# World relaxation DayInternational Day

Worldviews Survey 2025



**WIN**

Worldwide  
Independent Network  
Of Market Research

# Practice mindfulness techniques

% within total population

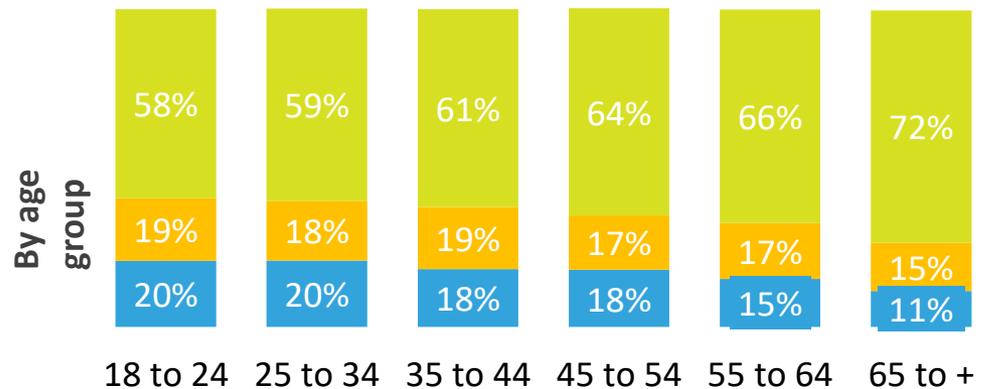
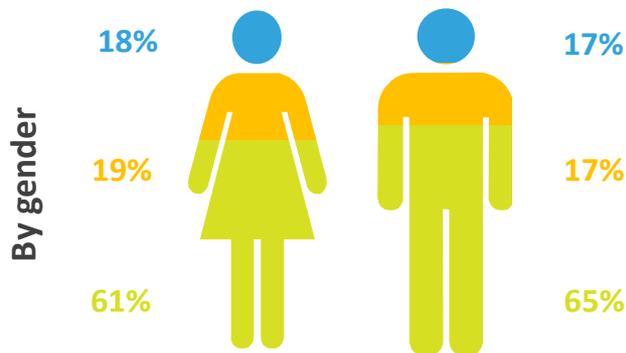
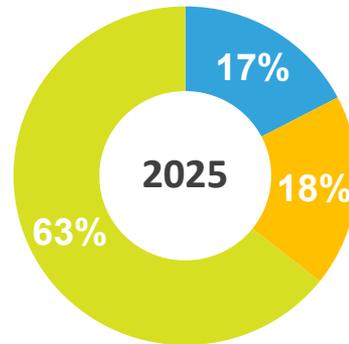
## HOW OFTEN DO PEOPLE PRACTICE MINDFULNESS TECHNIQUES?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Practice mindfulness techniques

% within total population

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



## By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



## By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Practice mindfulness techniques

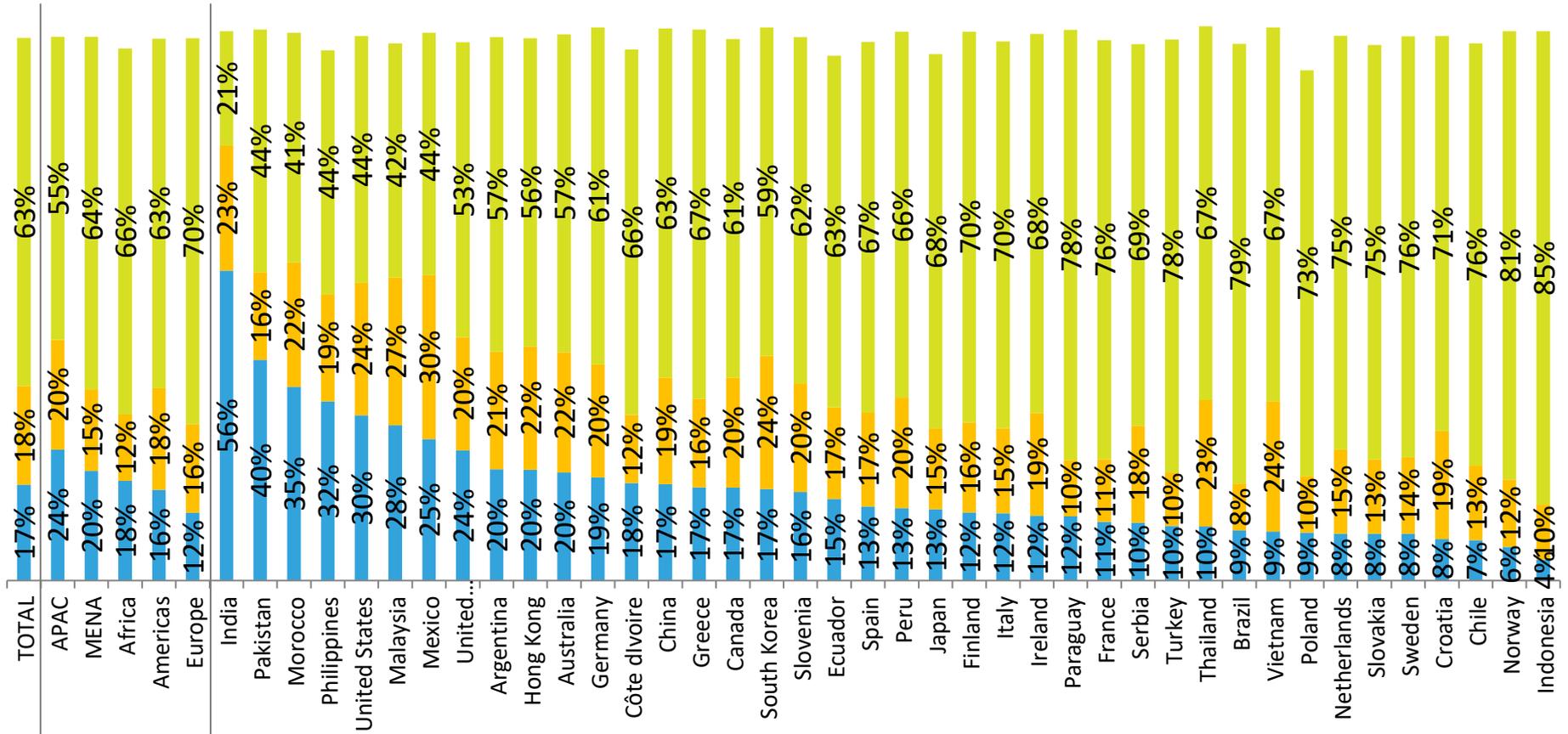
% within total population

## HOW OFTEN DO PEOPLE PRACTICE MINDFULNESS TECHNIQUES?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted. MENA has only 2 countries. Africa has only 1 country.

## RELATION BETWEEN PRACTICE OF MINDFULNESS TECHNIQUES AND PERCEPTION OF HEALTH

	TOTAL	Q1 - How do you consider your overall health in general?	
		Very healthy + healthy	Somewhat unhealthy + unhealthy
A lot/ very often + Moderately/ fairly often	17%	19%	12%
A little/sometimes	18%	18%	17%
Very little/ occasionally + Never	63%	61%	69%

Q1. How do you consider your overall health in general?

Q2\_7. How often would you say that you practice mindfulness techniques?

## RELATION BETWEEN PRACTICE OF MINDFULNESS TECHNIQUES AND HABITS

		A lot/ very often + Moderately/ fairly often	A little/sometimes	Very little/ occasionally + Never
<b>TOTAL</b>		<b>17%</b>	<b>18%</b>	<b>63%</b>
<b>Smoke</b>	<b>A lot/ very often + Moderately/ fairly often</b>	22%	16%	60%
	<b>A little/sometimes</b>	21%	27%	50%
	<b>Very little/ occasionally + Never</b>	16%	17%	65%
<b>Drink Alcohol</b>	<b>A lot/ very often + Moderately/ fairly often</b>	22%	16%	60%
	<b>A little/sometimes</b>	14%	21%	64%
	<b>Very little/ occasionally + Never</b>	16%	17%	65%
<b>Exercise</b>	<b>A lot/ very often + Moderately/ fairly often</b>	27%	20%	52%
	<b>A little/sometimes</b>	12%	22%	64%
	<b>Very little/ occasionally + Never</b>	9%	11%	78%

## RELATION BETWEEN PRACTICE OF MINDFULNESS TECHNIQUES AND HABITS

		A lot/ very often + Moderately/ fairly often	A little/sometimes	Very little/ occasionally + Never
	<b>TOTAL</b>	<b>17%</b>	<b>18%</b>	<b>63%</b>
<b>Suffer from stress</b>	<b>A lot/ very often + Moderately/ fairly often</b>	21%	18%	59%
	<b>A little/sometimes</b>	15%	21%	62%
	<b>Very little/ occasionally + Never</b>	16%	15%	68%
<b>Take medicines prescribed by a doctor</b>	<b>A lot/ very often + Moderately/ fairly often</b>	20%	16%	61%
	<b>A little/sometimes</b>	17%	23%	58%
	<b>Very little/ occasionally + Never</b>	14%	16%	68%
<b>Sleep well</b>	<b>A lot/ very often + Moderately/ fairly often</b>	21%	17%	60%
	<b>A little/sometimes</b>	13%	20%	65%
	<b>Very little/ occasionally + Never</b>	11%	15%	72%

## RELATION BETWEEN PRACTICE OF MINDFULNESS TECHNIQUES AND HABITS

		A lot/ very often + Moderately/ fairly often	A little/sometimes	Very little/ occasionally + Never
<b>TOTAL</b>		<b>17%</b>	<b>18%</b>	<b>63%</b>
<b>Take vitamin supplements</b>	A lot/ very often + Moderately/ fairly often	26%	20%	52%
	A little/sometimes	16%	25%	58%
	Very little/ occasionally + Never	11%	13%	74%
<b>Avoid products that cause an allergic reaction</b>	A lot/ very often + Moderately/ fairly often	24%	19%	55%
	A little/sometimes	16%	24%	58%
	Very little/ occasionally + Never	12%	15%	72%
<b>Concern about healthy living</b>	A lot/ very often + Moderately/ fairly often	23%	19%	57%
	A little/sometimes	10%	19%	69%
	Very little/ occasionally + Never	11%	12%	74%
<b>Self-medicate</b>	A lot/ very often + Moderately/ fairly often	31%	19%	48%
	A little/sometimes	17%	23%	59%
	Very little/ occasionally + Never	14%	16%	68%
<b>Have contact with nature</b>	A lot/ very often + Moderately/ fairly often	25%	19%	54%
	A little/sometimes	12%	21%	65%
	Very little/ occasionally + Never	9%	11%	77%

## RELATION BETWEEN PRACTICE OF MINDFULNESS TECHNIQUES AND FEELING DIFFERENT STATES

		A lot/ very often + Moderately/ fairly often	A little/sometimes	Very little/ occasionally + Never
<b>TOTAL</b>		<b>17%</b>	<b>18%</b>	<b>63%</b>
<b>Worried</b>	<b>A lot/ very often + Moderately/ fairly often</b>	20%	19%	59%
	<b>A little/sometimes</b>	15%	20%	63%
	<b>Very little/ occasionally + Never</b>	16%	15%	67%
<b>Tired/ lacking energy</b>	<b>A lot/ very often + Moderately/ fairly often</b>	20%	18%	60%
	<b>A little/sometimes</b>	15%	20%	63%
	<b>Very little/ occasionally + Never</b>	17%	15%	66%
<b>Had trouble sleeping</b>	<b>A lot/ very often + Moderately/ fairly often</b>	20%	18%	60%
	<b>A little/sometimes</b>	16%	21%	62%
	<b>Very little/ occasionally + Never</b>	17%	16%	66%
<b>Overwhelmed</b>	<b>A lot/ very often + Moderately/ fairly often</b>	24%	18%	56%
	<b>A little/sometimes</b>	16%	22%	60%
	<b>Very little/ occasionally + Never</b>	15%	15%	68%

**RELATION BETWEEN PRACTICE OF MINDFULNESS TECHNIQUES AND FEELING DIFFERENT STATES**

		<b>A lot/ very often + Moderately/ fairly often</b>	<b>A little/sometimes</b>	<b>Very little/ occasionally + Never</b>
	<b>TOTAL</b>	<b>17%</b>	<b>18%</b>	<b>63%</b>
<b>Sad, empty, depressed</b>	<b>A lot/ very often + Moderately/ fairly often</b>	22%	19%	57%
	<b>A little/sometimes</b>	17%	21%	60%
	<b>Very little/ occasionally + Never</b>	16%	16%	67%
<b>Irritable, moody</b>	<b>A lot/ very often + Moderately/ fairly often</b>	22%	18%	58%
	<b>A little/sometimes</b>	16%	21%	62%
	<b>Very little/ occasionally + Never</b>	16%	16%	66%
<b>Lonely</b>	<b>A lot/ very often + Moderately/ fairly often</b>	24%	18%	56%
	<b>A little/sometimes</b>	17%	22%	59%
	<b>Very little/ occasionally + Never</b>	15%	16%	67%
<b>Concern about your children's mental health</b>	<b>A lot/ very often + Moderately/ fairly often</b>	26%	19%	53%
	<b>A little/sometimes</b>	16%	22%	60%
	<b>Very little/ occasionally + Never</b>	15%	15%	68%
<b>Concern that your children are not able to talk to you about any major worries they may have</b>	<b>A lot/ very often + Moderately/ fairly often</b>	27%	20%	52%
	<b>A little/sometimes</b>	17%	22%	60%
	<b>Very little/ occasionally + Never</b>	16%	15%	67%

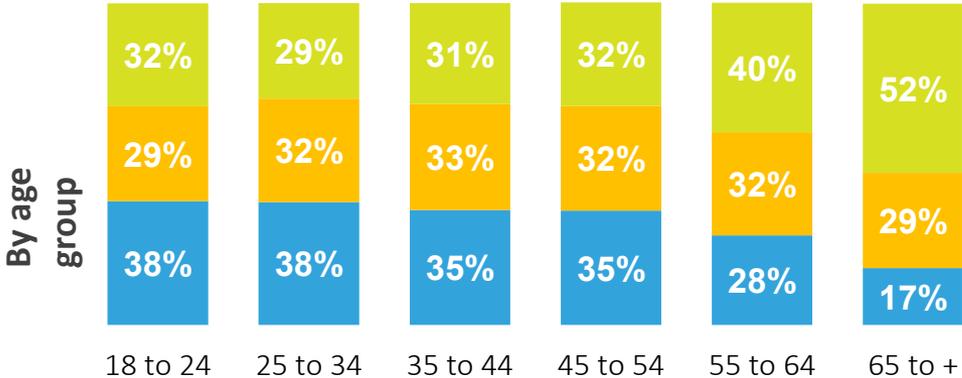
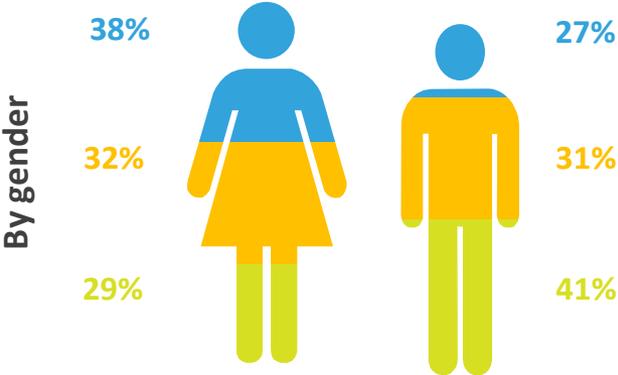
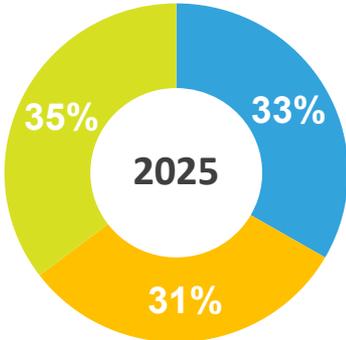
# Suffer from stress

% within total population

## HOW OFTEN DO PEOPLE SUFFER FROM STRESS?

■ A lot/ very often / Moderately/ fairly often     
 ■ A little/ Sometimes     
 ■ Very little/ occasionally/ Never

### Global Average



Source: WIN 2025. Base: 34946 cases. The percentages of Dk / Nr have not been plotted.

# Suffer from stress

% within total population

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



## By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



## By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled



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# Suffer from stress

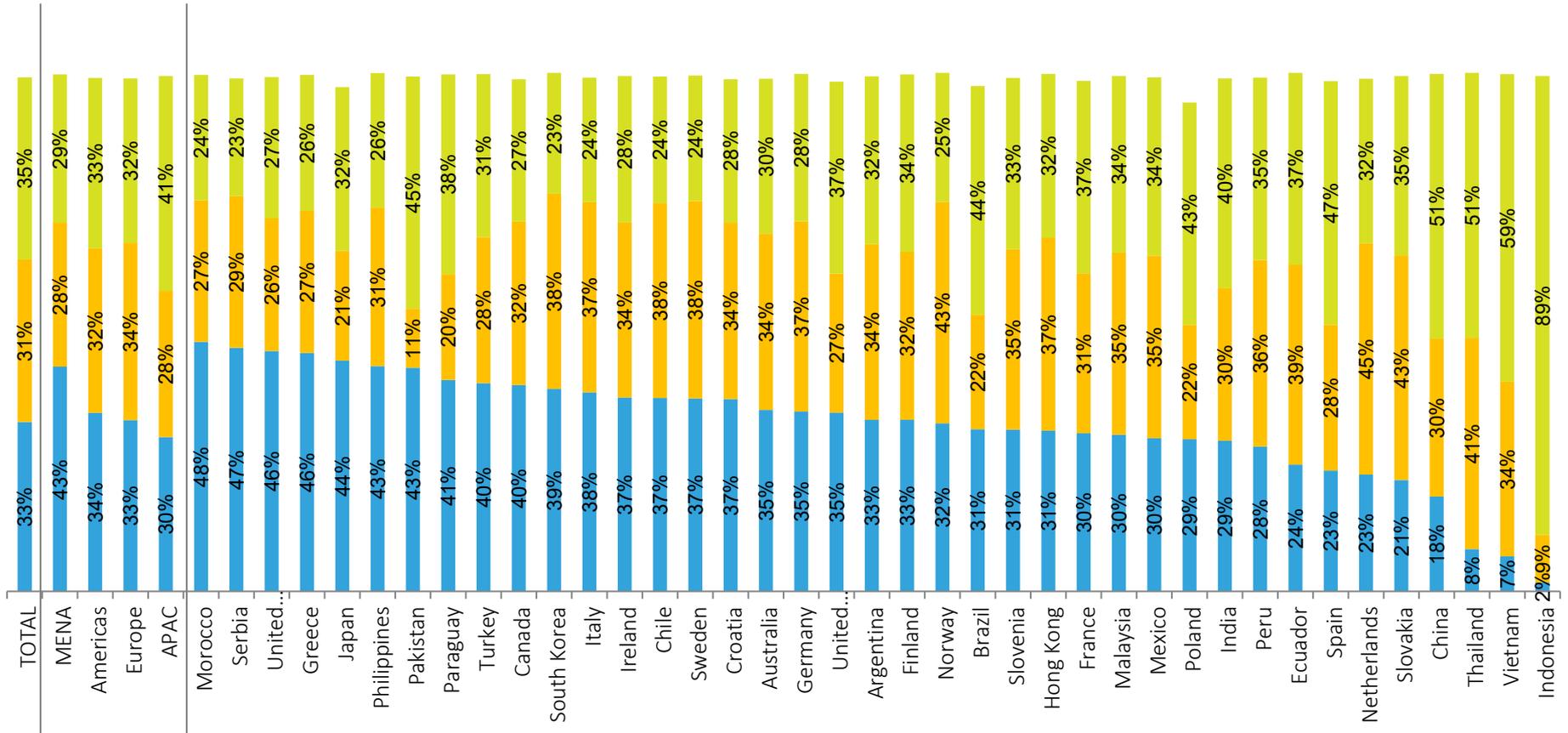
% within total population

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■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



Source: WIN 2025. Base: 34946 cases. The percentages of Dk / Nr have not been plotted.

# Worried

% within total population

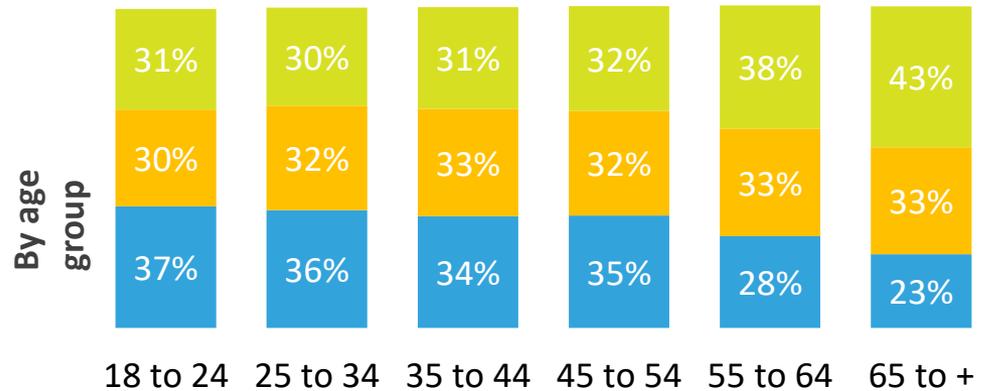
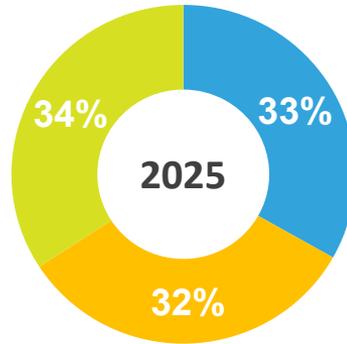
## HOW OFTEN DID PEOPLE FEEL WORRIED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Worried

% within total population

## HOW OFTEN DID PEOPLE FEEL WORRIED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



### By education level

No education / Only basic education



Completed Primary



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Working full (include self-employed)



Working Part-time



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Housewife



Retired/Disabled



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# Worried

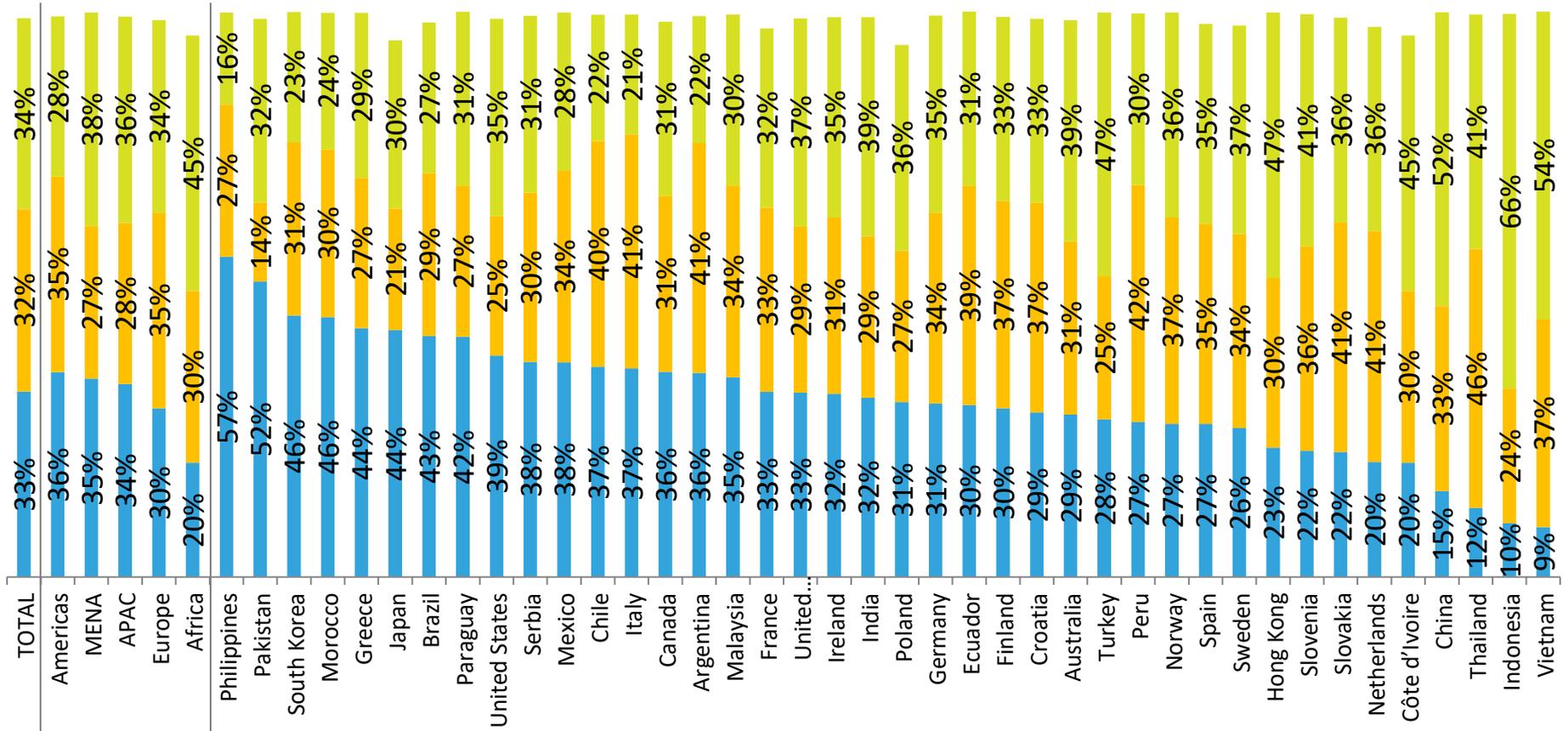
% within total population

## HOW OFTEN DID PEOPLE FEEL WORRIED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted. MENA has only 2 countries. Africa has only 1 country.

# Overwhelmed

% within total population

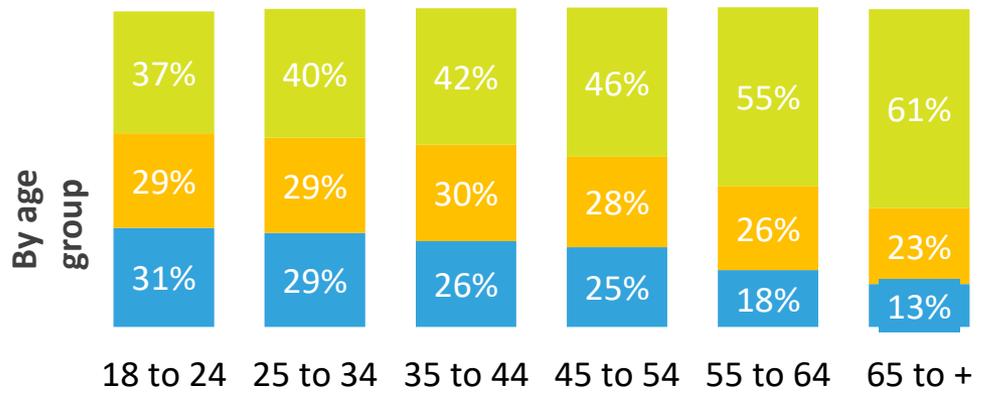
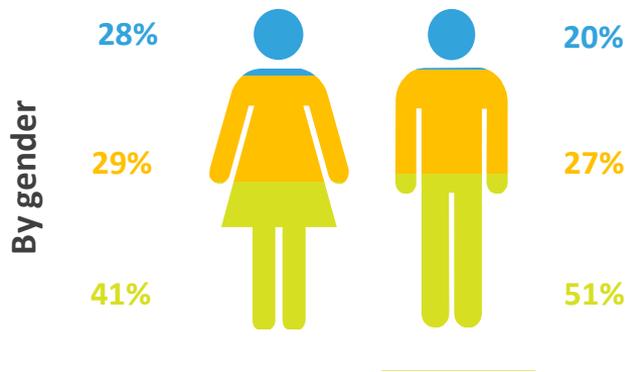
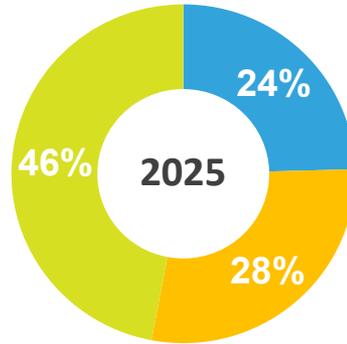
## HOW OFTEN DID PEOPLE FEEL OVERWHELMED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Overwhelmed

% within total population

## HOW OFTEN DID PEOPLE FEEL OVERWHELMED IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never



### By education level

No education / Only basic education



Completed Primary



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Completed Higher level of education (Masters, PHD, etc.)



### By employment

Working full (include self-employed)



Working Part-time



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Student



Housewife



Retired/Disabled



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# Overwhelmed

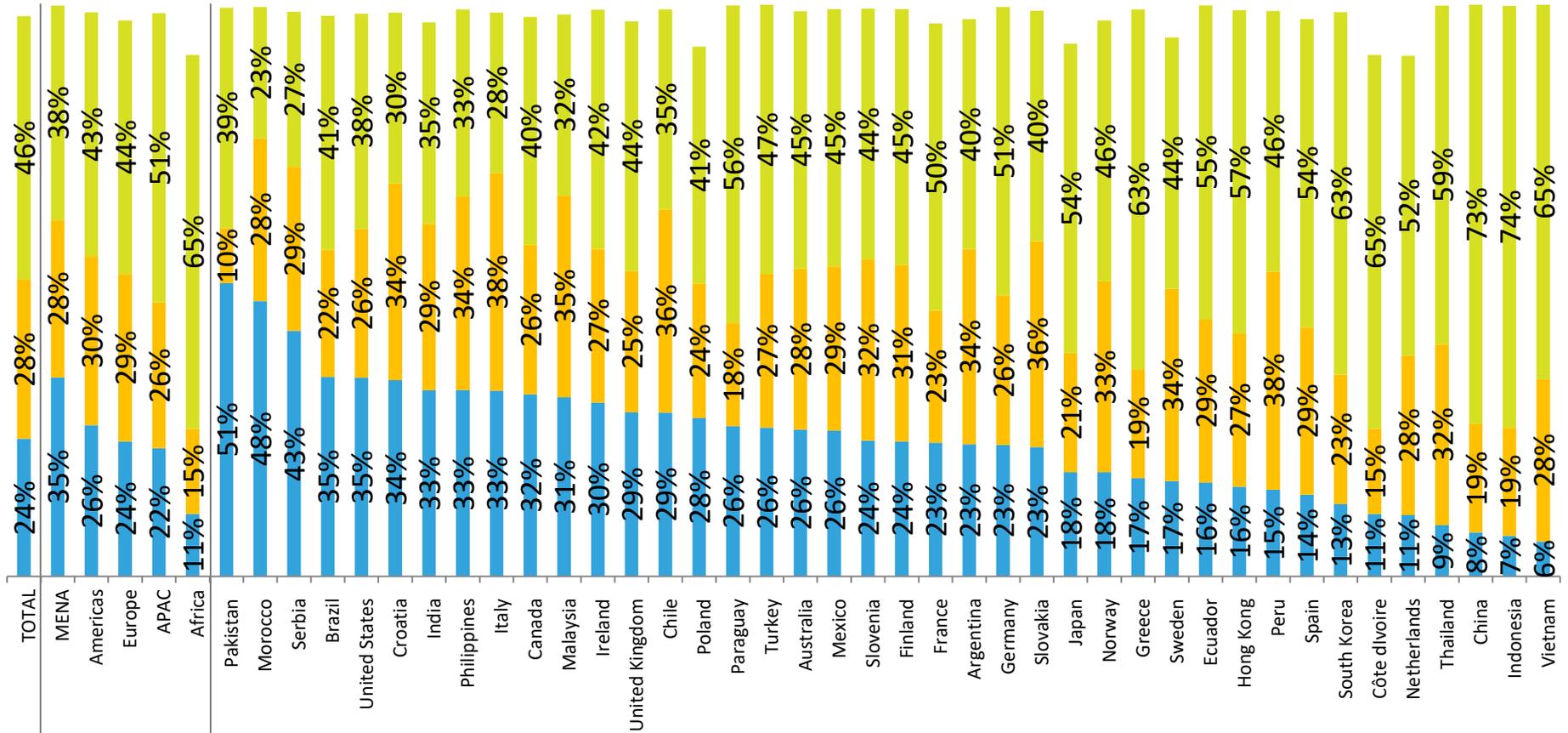
% within total population

## HOW OFTEN DID PEOPLE FEEL OVERWHELMED IN THE PAST 30 DAYS?

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■ A little/ Sometimes

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Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted. MENA has only 2 countries. Africa has only 1 country.

# Irritable, moody

% within total population

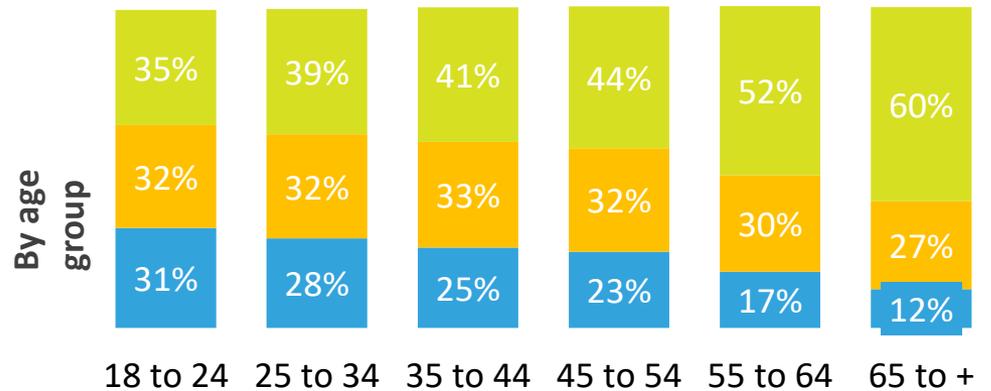
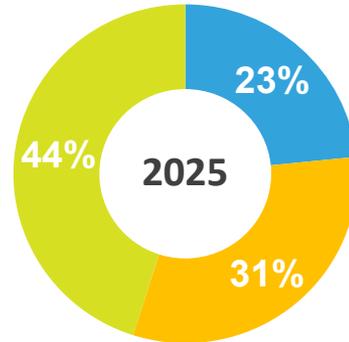
## HOW OFTEN DID PEOPLE FEEL IRRITABLE OR MOODY IN THE PAST 30 DAYS?

■ A lot/ very often / Moderately/ fairly often

■ A little/ Sometimes

■ Very little/ occasionally/ Never

### Global Average



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Irritable, moody

% within total population

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### By education level

No education / Only basic education



Completed Primary



Completed Secondary School



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Completed Higher level of education (Masters, PHD, etc.)



### By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled



Source: WIN 2025. Base: 35515 cases. The percentages of Dk / Nr have not been plotted.

# Irritable, moody

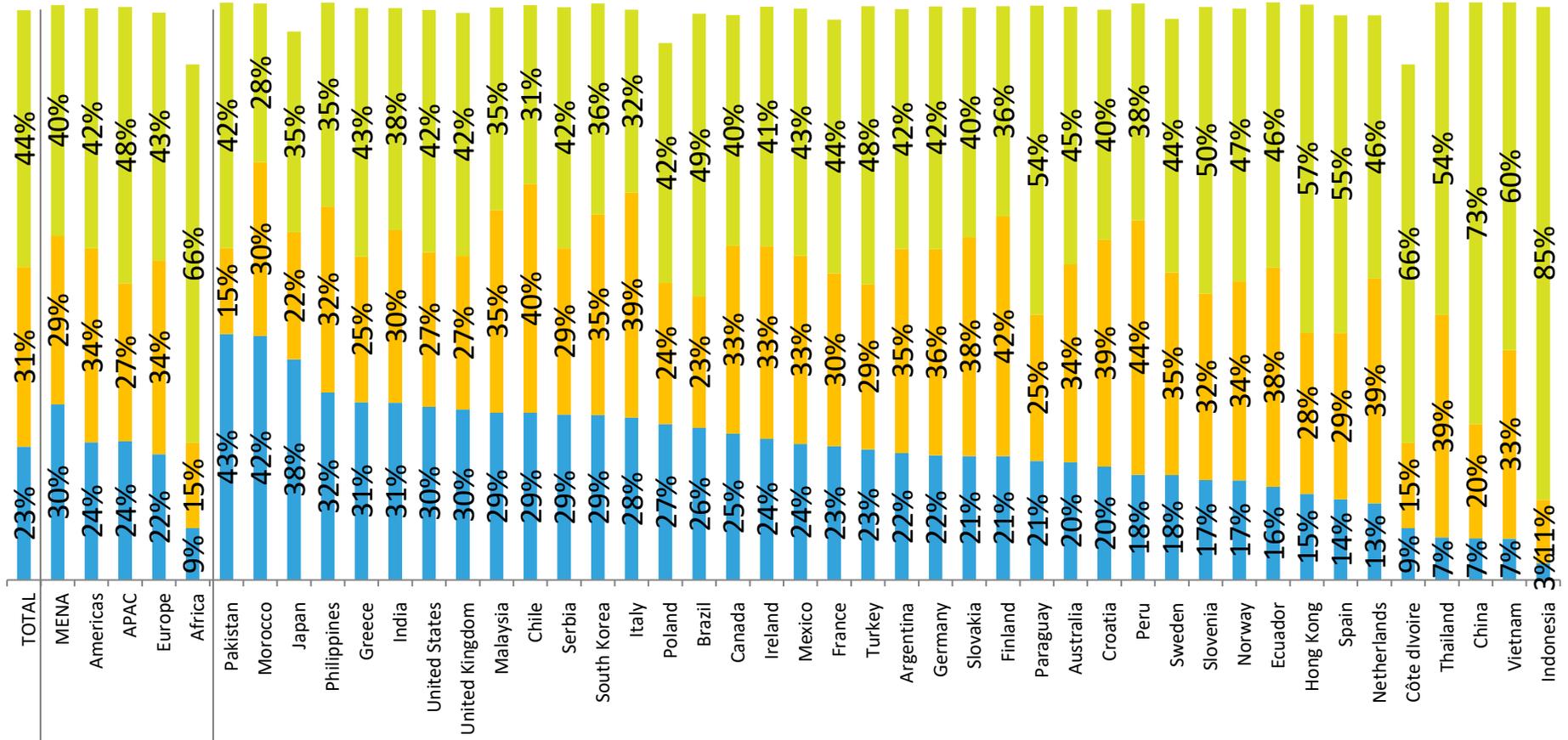
% within total population

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■ Very little/ occasionally/ Never



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# METHODOLOGY

	Country	Company Name	Methodology	Sample	Coverage	2024-2025 Fieldwork Dates
1	Argentina	Voices Research & Consultancy	CAWI	1027	NATIONAL	30 Dec 2024 – 9 Jan 2025
2	Australia	Luma Research	Online Panel	500	NATIONAL	20-24 January 2025
3	Brazil	Market Analysis Brazil	CAWI	1032	NATIONAL	16-23 January 2025
4	Canada	LEGER	CAWI	1000	NATIONAL	9-19 January 2025
5	Côte d'Ivoire	EMC	CAPI	569	NATIONAL	13-25 February 2025
6	Chile	Activa Research	CAWI	1095	NATIONAL	10-27 January 2025
7	China	WisdomAsia	CAWI	1000	URBAN	Week 1-2 January 2025
8	Croatia	Institute for market and media research, Mediana Fides	CAWI	531	NATIONAL	17-23 January 2025
9	Ecuador	Centro de Estudios Y Datos - CEDATOS	CAPI	708	NATIONAL	1-3 February 2025
10	Finland	Taloustutkimus Oy	Online Panel	1112	NATIONAL	16-24 January 2025
11	France	BVA Xsight	CAWI / Online Panel	1001	NATIONAL	6-7 February 2025
12	Germany	Produkt+Markt	CAWI	1000	NATIONAL	20 Dec 2024 – 6 Jan 2025
13	Greece	Alternative Research Solutions	CAWI	500	NATIONAL	5-20 December 2024
14	Hong Kong	Consumer Search Group (CSG)	Online Panel	516	TERRITORY WIDE	31 Dec 2024 -10 Jan 2025
15	India	DataPrompt International Pvt. Ltd.	CAWI	1000	NATIONAL	19 Dec 2024 - 20 Jan 2025
16	Indonesia	DEKA	Face to Face	1000	NATIONAL	12-25 December 2024
17	Republic of Ireland	RED C Research & Marketing Ltd	CAWI	1013	NATIONAL	9-15 January 2025
18	Italy	BVA Doxa	CAWI	995	NATIONAL	13-16 December 2024
19	Japan	Nippon Research Center, LTD.	CAWI	1131	NATIONAL	22-27 January 2025
20	Malaysia	Central Force International	Online Panel	1008	NATIONAL	2-9 December 2024
21	Mexico	Brand Investigation S.A.de C.V	Online	800	NATIONAL	9-18 January 2025

# METHODOLOGY

	Country	Company Name	Methodology	Sample	Coverage	2024-2025 Fieldwork Dates
22	Morocco	Integrate Consulting SARL	Online	509	NATIONAL	21-24 January 2025
23	Norway	Opinion AS	CAWI	1031	NATIONAL	13-21 January 2025
24	Pakistan	Gallup Pakistan	CATI	1000	NATIONAL	3 Dec 2024 -2 Jan 2025
25	Paraguay	ICA Consultoría Estratégica	CATI	500	NATIONAL	8-31 January 2025
26	Peru	Datum Internacional	F2F	1204	NATIONAL	31 Jan – 7 Feb 2025
27	Philippines	Philippine Survey and Research Center, Inc. (PSRC)	CAPI	1000	NATIONAL	14-31 January 2025
28	Poland	Mareco Polska	CAWI	1080	NATIONAL	18-22 December 2024
29	Serbia	Institute for market and media research, Mediana Adria	CAWI	536	NATIONAL	17-23 January 2025
30	Slovakia	Go4insight	CAWI	500	NATIONAL	17-22 January 2025
31	Slovenia	Institute for market and media research, Mediana	CAWI	700	NATIONAL	17-21 January 2025
32	South Korea	Gallup Korea	CAWI	1085	NATIONAL	16-24 January 2025
33	Spain	Instituto DYM	CAWI	1014	NATIONAL	16-20 January 2025
34	Sweden	DEMOSKOP AB	CAWI	1004	NATIONAL	21 Dec 2024 – 23 Jan 2025
35	Thailand	INFOSEARCH LIMITED	F2F	500	NATIONAL	22 Dec 2024 – 18 Jan 2025
36	The Netherlands	Motivaction International B.V.	CAWI	1023	NATIONAL	6-18 December 2024
37	Turkey	Barem	CATI	775	NATIONAL	24-28 January 2025
38	United Kingdom	ORB International	CAWI	1000	NATIONAL	19-23 Dec 2024
39	USA	LEGER	CAWI	1000	NATIONAL	9-19 January 2025
40	Vietnam	Indochina Research (Vietnam) Ltd	CAPI	900	Hanoi, Ho Chi Minh city, Da Nang, Can Tho - Urban population	18 Dec 2024 – 10 Jan 2025