

More than half  
(51%) of adults  
under the age  
of 44 have  
**SHARED THEIR  
WORRIES WITH  
A STRANGER**

## TOP 'UNLIKELY THERAPISTS' WE CONFIDE OUR WORRIES IN INCLUDE



HAIRDRESSERS

21%



BAR STAFF/PUB LANDLORD

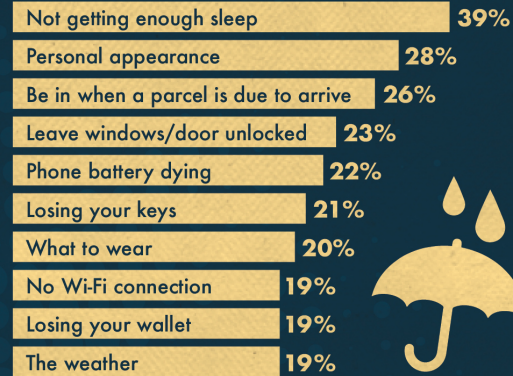
11%



SHOP ASSISTANTS

9%

## TOP 10 DAILY WORRIES



# ULTIMATE WORRIER

## THE WORRY INDEX

#UltimateWorrier @dave\_tvchannel @davechannel

As the new  
series launches  
on Wednesday  
16th May, 10pm  
on Dave, a new  
study reveals  
our top daily  
worries we waste  
years of our lives  
worrying about.

**Dave**



**31%**

is the amount of charge in  
our phones when we start  
worrying they will go flat

## THE TIME WE SPEND FRETTING ABOUT TRIVIAL TROUBLES

**2H30MIN**  
each day

**17H30MIN**  
per week

MORE THAN **6.6 YEARS**  
OF OUR ADULT LIVES



Brits believe **50%  
OF WORRIES ARE  
COMPLETELY OUT  
OF OUR HANDS.**  
There's nothing we  
can do about them!

## TOP WORRY-CURES FOR BRITS



**43%**  
LISTENING  
TO MUSIC



**33%**  
RECEIVING  
A HUG



**32%**  
HAVING A  
CUP OF TEA

## THE AMOUNT OF SLEEP WE LOSE AT NIGHT WORRYING



**40MIN**  
a night

**4H40MIN**  
a week



WHICH ADDS UP TO  
**A LOST NIGHT'S SLEEP**  
EVERY 12 DAYS

**36**

IS THE AGE WE WORRY  
**THE MOST**

## TELL-TALE SIGNS THAT WE ARE STRESSED

**22%** Chewing our finger nails  
**19%** Bouncing a leg while seated  
**16%** Chewing our bottom lip  
**14%** Playing with our hair