

WORK/LIFE BALANCE

Who has it & tips on how to achieve it

ARE MEN HAPPIER THAN WOMEN?

+25%
at work

Men are **consistently happier** than women in the office & at home.

+8%
at home



75% of men are happy with their work-life balance



compared to **70%** of women

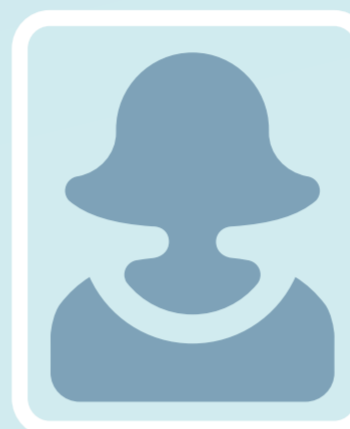
PROFILE OF THE HAPPIEST PERSON



- 39 year old male
- Married
- Wife works part-time
- Young child at home
- Works in a senior management position



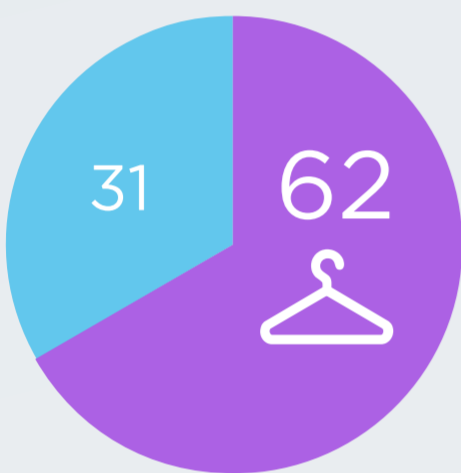
PROFILE OF THE UNHAPPIEST PERSON



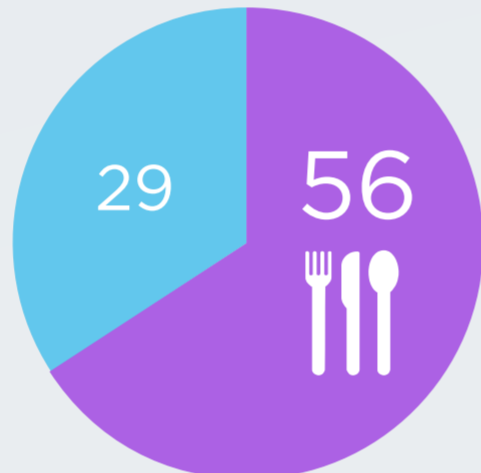
- 42 year old female
- Not married
- Works in a professional position
- No children



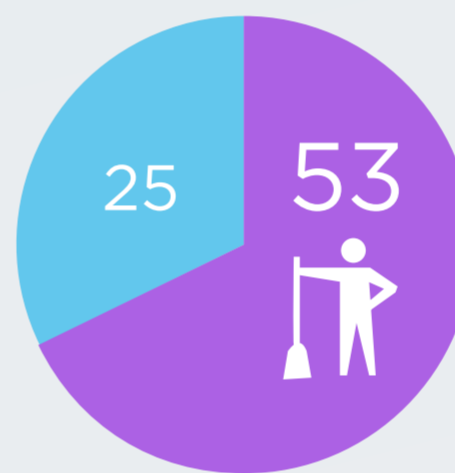
WOMEN TAKE THE LEAD IN DAILY CHORES



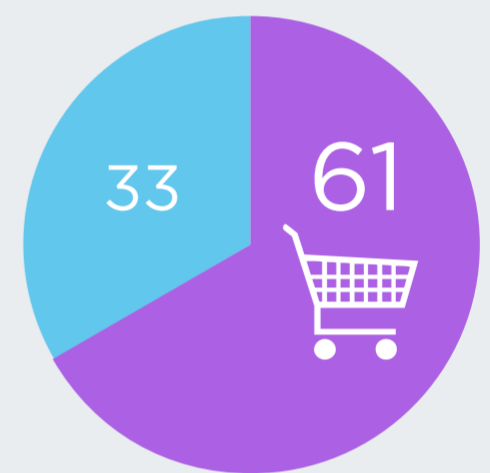
LAUNDRY



COOKING



CLEANING

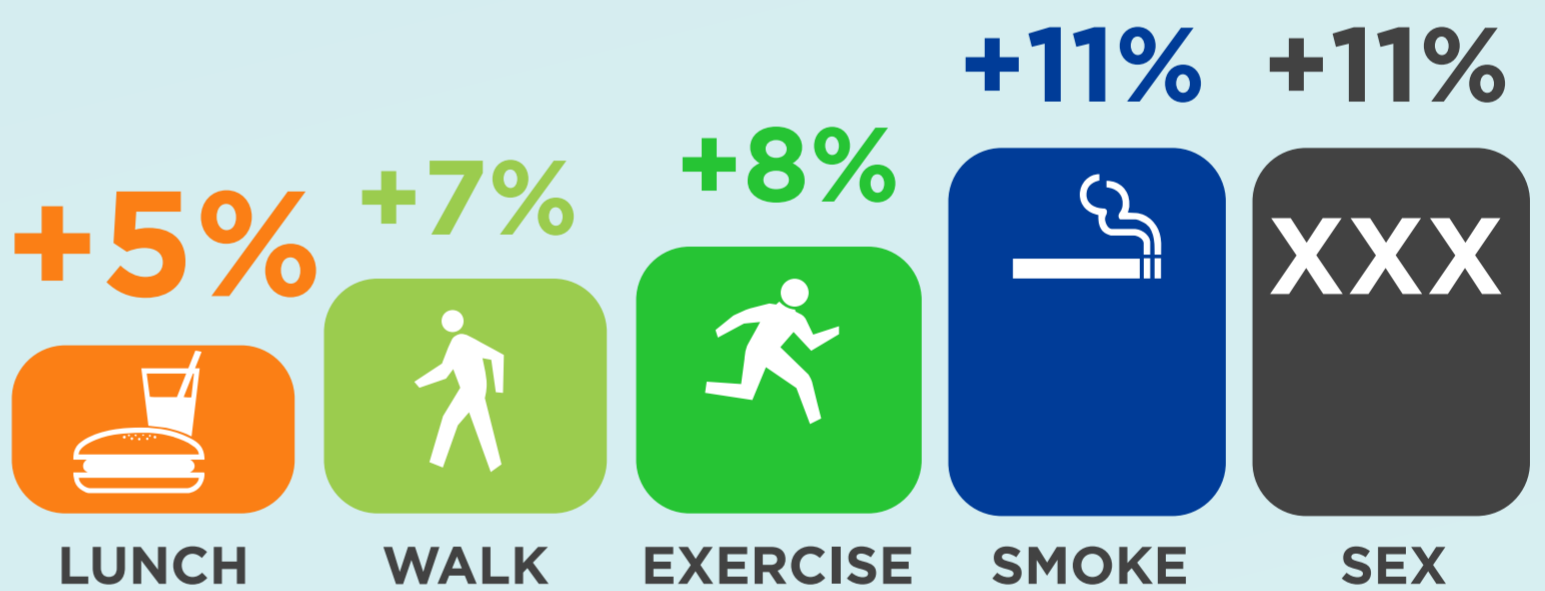


SHOPPING

OFFICE HABITS: MEN VS. WOMEN

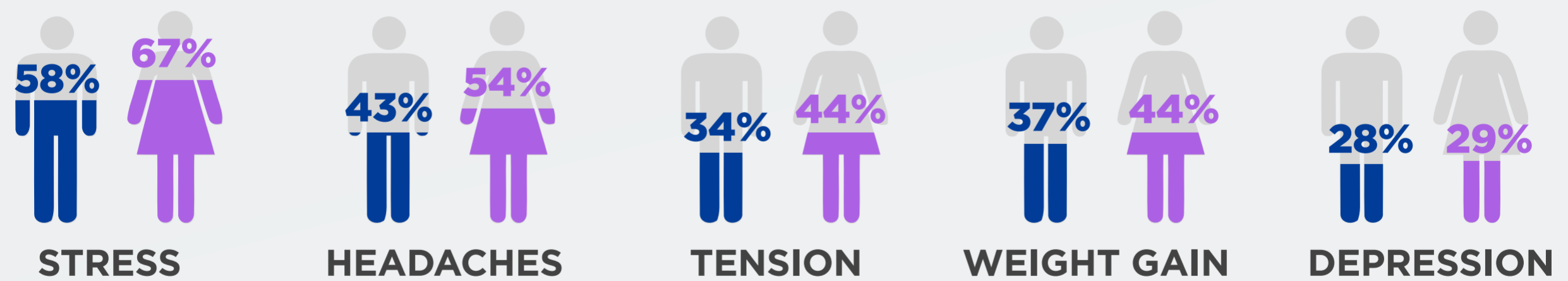
Men are **35% more likely** than women to take a break "just to relax."

Men are **25% more likely** to take breaks for personal activities.



EFFECTS OF WORK ON MENTAL HEALTH

For **87% of men and women**, work/life balance affects their health in a negative way.



HOW HAPPY PEOPLE ACHIEVE WORK/LIFE BALANCE



97% take vacations



89% leave work at a reasonable hour



68% take breaks during the work day

Credits

Captivate Network is the leading digital media company providing customized, actionable information to millions of on-the-go business professionals throughout the day in North America. Captivate commissioned MarketTools to survey more than 670 North American white-collar workers on their attempts to balance their personal and work lives. For full survey results and methodology, visit officepulse.captivate.com