**WORK/LIFE BALANCE**
Who has it & tips on how to achieve it

**ARE MEN HAPPIER THAN WOMEN?**

- Men are consistently happier than women in the office & 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:** 31
- **COOKING:** 29
- **CLEANING:** 56
- **SHOPPING:** 53

**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 customizable, 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.