

YouGov / Hotwire PR Survey Results

Work Life Imbalance

UK Sample: 2,057 GB adults

Fieldwork: 16th - 18th July 2013

Total	Gender		Age					Social Grade	
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

Thinking about your MAIN job...

Do you work in an office as part of your MAIN job (either in an office block/ purpose built office or in an office based in another establishment e.g. in a school, hospital etc.)?

Unweighted base	2057	1004	1053	250	318	364	417	708	1201	856
Base: All UK adults	2057	989	1068	247	339	367	372	732	1131	926
Yes, my job is solely office based	21%	21%	21%	24%	32%	27%	23%	10%	32%	7%
Yes, my job is mainly office based	14%	17%	12%	11%	21%	23%	16%	6%	20%	7%
Yes, my job is occasionally office based	7%	9%	5%	5%	9%	9%	10%	5%	8%	6%
No, my job is not office based at all	22%	22%	22%	26%	25%	22%	32%	14%	9%	37%
Not applicable - I do not work	37%	32%	40%	33%	13%	19%	20%	66%	31%	43%

Thinking about when you arrange to socialise (e.g. meet friends for dinner etc.) on an average working day...

Which ONE, if any, of the following BEST describes at what time would you typically arrange to socialise after work?

Unweighted base	901	475	426	101	208	230	212	150	711	190
Base: All UK office workers	859	456	403	101	211	217	179	151	672	188
Earlier than 5.30pm	5%	4%	6%	6%	5%	3%	6%	5%	5%	5%
5:30pm	5%	5%	4%	4%	6%	5%	4%	2%	5%	3%
6:00pm	12%	15%	9%	33%	13%	10%	6%	6%	13%	10%
6:30pm	9%	6%	12%	14%	11%	9%	6%	4%	9%	7%
7:00pm	15%	13%	18%	15%	17%	18%	13%	12%	15%	17%
7:30pm	18%	18%	18%	9%	18%	21%	15%	23%	18%	17%
8:00pm	14%	16%	11%	7%	10%	14%	19%	18%	13%	16%
8:30pm	2%	1%	2%	2%	2%	1%	4%	1%	2%	2%
9:00pm or later	1%	2%	1%	2%	1%	2%	1%	-	1%	2%
Don't know	2%	2%	1%	3%	2%	1%	1%	1%	1%	2%
Not applicable - I never arrange to socialise after work	18%	18%	18%	8%	14%	16%	24%	28%	17%	21%

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Work Life Imbalance

UK Sample: 2,057 GB adults

Fieldwork: 16th - 18th July 2013

Total	Region							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Thinking about your MAIN job...

Do you work in an office as part of your MAIN job (either in an office block/ purpose built office or in an office based in another establishment e.g. in a school, hospital etc.)?

	Unweighted base	2057	486	289	179	308	507	90	147	51
Base: All UK adults	2057	492	329	191	255	457	101	175	58	
Yes, my job is solely office based	21%	20%	16%	19%	23%	25%	19%	20%	18%	
Yes, my job is mainly office based	14%	15%	15%	17%	19%	13%	12%	8%	10%	
Yes, my job is occasionally office based	7%	8%	7%	6%	4%	7%	8%	8%	6%	
No, my job is not office based at all	22%	21%	25%	22%	17%	22%	19%	26%	18%	
Not applicable - I do not work	37%	35%	37%	36%	36%	34%	43%	38%	48%	

Thinking about when you arrange to socialise (e.g. meet friends for dinner etc.) on an average working day...

Which ONE, if any, of the following BEST describes at what time would you typically arrange to socialise after work?

	Unweighted base	901	214	115	78	158	231	34	55	16
Base: All UK office workers	859	213	125	80	120	201	38	62	20	
Earlier than 5.30pm	5%	9%	3%	6%	1%	3%	9%	9%	-	
5:30pm	5%	8%	2%	1%	7%	2%	-	14%	-	
6:00pm	12%	8%	9%	5%	13%	20%	12%	14%	10%	
6:30pm	9%	8%	6%	13%	12%	7%	8%	12%	-	
7:00pm	15%	15%	20%	16%	16%	15%	24%	5%	5%	
7:30pm	18%	15%	26%	21%	15%	16%	16%	20%	36%	
8:00pm	14%	15%	9%	18%	14%	16%	12%	5%	24%	
8:30pm	2%	1%	3%	2%	1%	2%	-	3%	-	
9:00pm or later	1%	1%	2%	1%	4%	0%	-	1%	-	
Don't know	2%	1%	2%	7%	2%	0%	-	2%	-	
Not applicable - I never arrange to socialise after work	18%	21%	19%	10%	16%	19%	19%	16%	25%	

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Work Life Imbalance

UK Sample: 2,057 GB adults

Fieldwork: 16th - 18th July 2013

Total	Working status						
	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other

Thinking about your MAIN job...

Do you work in an office as part of your MAIN job (either in an office block/ purpose built office or in an office based in another establishment e.g. in a school, hospital etc.)?

Unweighted base	2057	1071	186	1257	112	437	82	169
Base: All UK adults	2057	1075	183	1258	99	443	80	177
Yes, my job is solely office based	21%	34%	21%	32%	5%	1%	11%	1%
Yes, my job is mainly office based	14%	22%	16%	21%	12%	1%	6%	2%
Yes, my job is occasionally office based	7%	10%	12%	10%	6%	1%	4%	1%
No, my job is not office based at all	22%	28%	47%	30%	20%	4%	11%	10%
Not applicable - I do not work	37%	6%	5%	6%	56%	93%	68%	87%

Thinking about when you arrange to socialise (e.g. meet friends for dinner etc.) on an average working day...

Which ONE, if any, of the following BEST describes at what time would you typically arrange to socialise after work?

Unweighted base	901	743	91	834	30	14	14	9
Base: All UK office workers	859	710	89	799	23	13	17	7
Earlier than 5.30pm	5%	5%	7%	5%	5%	-	3%	-
5:30pm	5%	5%	1%	4%	17%	8%	-	-
6:00pm	12%	12%	4%	11%	20%	6%	48%	31%
6:30pm	9%	8%	7%	8%	14%	13%	12%	12%
7:00pm	15%	16%	17%	16%	10%	4%	3%	37%
7:30pm	18%	19%	16%	19%	7%	25%	3%	-
8:00pm	14%	13%	23%	14%	2%	34%	14%	-
8:30pm	2%	2%	1%	2%	7%	-	-	-
9:00pm or later	1%	1%	0%	1%	9%	-	5%	11%
Don't know	2%	2%	2%	2%	-	-	-	-
Not applicable - I never arrange to socialise after work	18%	18%	23%	19%	9%	12%	12%	8%

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Work Life Imbalance

UK Sample: 2,057 GB adults

Fieldwork: 16th - 18th July 2013

Total	Marital Status					Children in Household					
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Thinking about your MAIN job...

Do you work in an office as part of your MAIN job (either in an office block/ purpose built office or in an office based in another establishment e.g. in a school, hospital etc.)?

	Unweighted base	2057	954	236	166	58	463	1419	252	221	78	551	87
Base: All UK adults	2057	955	227	160	61	448	1421	235	227	97	559	77	
Yes, my job is solely office based	21%	18%	26%	20%	3%	25%	18%	27%	34%	15%	28%	19%	
Yes, my job is mainly office based	14%	13%	17%	14%	9%	16%	12%	16%	18%	26%	18%	15%	
Yes, my job is occasionally office based	7%	8%	6%	7%	1%	6%	6%	8%	11%	4%	9%	6%	
No, my job is not office based at all	22%	18%	28%	21%	13%	25%	21%	26%	23%	21%	24%	14%	
Not applicable - I do not work	37%	42%	23%	37%	75%	28%	42%	24%	13%	34%	21%	45%	

Thinking about when you arrange to socialise (e.g. meet friends for dinner etc.) on an average working day...

Which ONE, if any, of the following BEST describes at what time would you typically arrange to socialise after work?

	Unweighted base	901	400	125	70	8	219	555	139	138	36	313	33
Base: All UK office workers	859	376	111	67	7	209	521	119	144	44	307	32	
Earlier than 5.30pm	5%	3%	3%	6%	-	6%	6%	3%	1%	2%	2%	11%	
5:30pm	5%	4%	6%	3%	-	3%	5%	5%	1%	3%	3%	19%	
6:00pm	12%	16%	7%	2%	-	12%	9%	10%	25%	19%	18%	4%	
6:30pm	9%	6%	10%	3%	-	13%	10%	8%	6%	7%	7%	6%	
7:00pm	15%	13%	19%	17%	54%	14%	19%	15%	8%	3%	10%	14%	
7:30pm	18%	20%	17%	21%	22%	17%	19%	16%	18%	19%	18%	8%	
8:00pm	14%	13%	11%	24%	18%	15%	12%	15%	17%	26%	17%	8%	
8:30pm	2%	2%	1%	1%	-	3%	1%	1%	4%	1%	2%	3%	
9:00pm or later	1%	1%	2%	1%	-	2%	1%	1%	2%	-	2%	8%	
Don't know	2%	3%	1%	-	-	1%	2%	2%	-	1%	1%	3%	
Not applicable - I never arrange to socialise after work	18%	21%	23%	22%	5%	14%	17%	24%	18%	19%	20%	17%	

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Work Life Imbalance

UK Sample: 2,057 GB adults

Fieldwork: 16th - 18th July 2013

Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Thinking about your MAIN job...

Do you work in an office as part of your MAIN job (either in an office block/ purpose built office or in an office based in another establishment e.g. in a school, hospital etc.)?

	Unweighted base	2057	90	221	175	113	176	179	308	334	173	90	147	51
Base: All UK adults	2057	94	243	154	125	204	191	255	314	142	101	175	58	
Yes, my job is solely office based	21%	25%	17%	22%	13%	18%	19%	23%	29%	15%	19%	20%	18%	
Yes, my job is mainly office based	14%	15%	15%	14%	16%	14%	17%	19%	13%	11%	12%	8%	10%	
Yes, my job is occasionally office based	7%	8%	10%	7%	4%	9%	6%	4%	6%	8%	8%	8%	6%	
No, my job is not office based at all	22%	17%	20%	26%	29%	22%	22%	17%	21%	25%	19%	26%	18%	
Not applicable - I do not work	37%	35%	38%	31%	38%	37%	36%	36%	31%	41%	43%	38%	48%	

Thinking about when you arrange to socialise (e.g. meet friends for dinner etc.) on an average working day...

Which ONE, if any, of the following BEST describes at what time would you typically arrange to socialise after work?

	Unweighted base	901	41	96	77	43	72	78	158	166	65	34	55	16
Base: All UK office workers	859	46	101	66	41	83	80	120	153	49	38	62	20	
Earlier than 5.30pm	5%	10%	9%	8%	3%	3%	6%	1%	3%	2%	9%	9%	-	
5:30pm	5%	8%	8%	6%	3%	1%	1%	7%	2%	-	-	14%	-	
6:00pm	12%	13%	7%	7%	11%	8%	5%	13%	22%	12%	12%	14%	10%	
6:30pm	9%	6%	10%	5%	6%	6%	13%	12%	8%	4%	8%	12%	-	
7:00pm	15%	11%	12%	21%	15%	22%	16%	16%	13%	20%	24%	5%	5%	
7:30pm	18%	17%	15%	14%	27%	26%	21%	15%	18%	10%	16%	20%	36%	
8:00pm	14%	13%	16%	14%	6%	10%	18%	14%	14%	22%	12%	5%	24%	
8:30pm	2%	2%	1%	1%	1%	4%	2%	1%	2%	3%	-	3%	-	
9:00pm or later	1%	-	-	3%	3%	2%	1%	4%	-	2%	-	1%	-	
Don't know	2%	-	2%	1%	5%	-	7%	2%	0%	1%	-	2%	-	
Not applicable - I never arrange to socialise after work	18%	21%	21%	20%	22%	18%	10%	16%	18%	23%	19%	16%	25%	

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Work Life Imbalance

UK Sample: 2,057 GB adults

Fieldwork: 16th - 18th July 2013

Total	Social Media (monthly or more)			
	Facebook	LinkedIn	Google+	Twitter

Thinking about your MAIN job...

Do you work in an office as part of your MAIN job (either in an office block/ purpose built office or in an office based in another establishment e.g. in a school, hospital etc.)?

	Unweighted base	2057	1283	293	122	500
Base: All UK adults	2057	1272	254	118	482	
Yes, my job is solely office based	21%	21%	29%	24%	24%	
Yes, my job is mainly office based	14%	14%	36%	17%	18%	
Yes, my job is occasionally office based	7%	7%	10%	9%	6%	
No, my job is not office based at all	22%	25%	11%	17%	25%	
Not applicable - I do not work	37%	34%	15%	33%	26%	

Thinking about when you arrange to socialise (e.g. meet friends for dinner etc.) on an average working day...

Which ONE, if any, of the following BEST describes at what time would you typically arrange to socialise after work?

	Unweighted base	901	580	221	58	262
Base: All UK office workers	859	526	189	59	233	
Earlier than 5.30pm	5%	6%	2%	10%	5%	
5:30pm	5%	5%	4%	7%	5%	
6:00pm	12%	8%	11%	13%	9%	
6:30pm	9%	11%	15%	8%	14%	
7:00pm	15%	18%	15%	17%	18%	
7:30pm	18%	16%	19%	14%	15%	
8:00pm	14%	16%	20%	21%	14%	
8:30pm	2%	2%	1%	2%	3%	
9:00pm or later	1%	1%	1%	2%	1%	
Don't know	2%	1%	0%	1%	0%	
Not applicable - I never arrange to socialise after work	18%	15%	11%	7%	17%	

Total	Gender		Age					Social Grade	
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

Overall which ONE, if any, of the following would you say BEST describes your current work/ life balance? (Please tick the option that BEST applies)

	Unweighted base	901	475	426	101	208	230	212	150	711	190
Base: All UK office workers		859	456	403	101	211	217	179	151	672	188
Perfect – my work life <u>does not negatively</u> impact my ability to have a personal life at all		13%	10%	17%	4%	15%	10%	13%	22%	14%	9%
Good – my work life <u>rarely</u> impacts my ability to have a personal life		34%	33%	35%	40%	34%	35%	30%	32%	34%	33%
Manageable – my work life does impact on my ability to have a personal life sometimes <u>but it is manageable</u>		32%	33%	31%	33%	32%	36%	30%	28%	33%	29%
Poor – my job <u>often impacts</u> on my ability to have a personal life		14%	16%	11%	15%	13%	15%	15%	11%	14%	14%
Terrible – my job <u>has a constant and negative impact</u> on my ability to have a personal life		5%	7%	3%	2%	4%	4%	9%	5%	4%	10%
None of these		1%	0%	2%	-	1%	-	1%	3%	1%	1%
Don't know		1%	2%	1%	6%	-	-	2%	-	0%	4%

Which, if any, of the following statements apply to you? (Please tick all that apply)

	Unweighted base	901	475	426	101	208	230	212	150	711	190
Base: All UK office workers		859	456	403	101	211	217	179	151	672	188
The hours I work are a barrier to me exercising more		27%	31%	22%	39%	30%	24%	27%	17%	29%	20%
I blame my job for my lack of a love life		6%	7%	4%	5%	8%	4%	7%	4%	5%	6%
I would be happier in general if I had more control over the hours I worked		24%	22%	26%	32%	24%	21%	25%	21%	24%	22%
I would be happier with my body if I had more control over the hours I worked		15%	18%	12%	15%	20%	13%	15%	12%	14%	19%
I would eat more healthily if I could work at home more often		12%	14%	11%	8%	16%	12%	16%	6%	13%	12%
I have gained unwanted weight since starting my current job		27%	26%	27%	16%	24%	25%	40%	24%	28%	23%
I am not/ would not be able to look after a pet because of the hours I work		20%	19%	20%	18%	21%	19%	23%	14%	20%	17%
I work too much to think about having children/ spend time with my children		7%	7%	6%	12%	10%	7%	3%	1%	7%	4%
I really enjoy my job		28%	23%	35%	22%	31%	31%	24%	32%	28%	28%
My job is very flexible (i.e. allows me to work from home when I need to etc.)		20%	20%	21%	6%	23%	28%	16%	20%	22%	13%
My job means I have plenty of time to exercise outside of working hours		15%	10%	20%	10%	14%	15%	15%	18%	15%	13%
None of these		9%	8%	10%	3%	6%	12%	10%	11%	8%	11%
Don't know		1%	2%	0%	3%	0%	1%	3%	0%	1%	2%

Total	Region							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Overall which ONE, if any, of the following would you say BEST describes your current work/ life balance? (Please tick the option that BEST applies)

	Unweighted base	901	214	115	78	158	231	34	55	16
	Base: All UK office workers	859	213	125	80	120	201	38	62	20
Perfect – my work life <u>does not negatively</u> impact my ability to have a personal life at all	13%	17%	12%	15%	8%	11%	26%	11%	6%	
Good – my work life <u>rarely</u> impacts my ability to have a personal life	34%	34%	33%	27%	27%	45%	37%	22%	24%	
Manageable – my work life does impact on my ability to have a personal life sometimes <u>but it is manageable</u>	32%	32%	28%	34%	45%	27%	21%	37%	30%	
Poor – my job <u>often impacts</u> on my ability to have a personal life	14%	14%	20%	13%	12%	8%	13%	19%	26%	
Terrible – my job <u>has a constant and negative impact</u> on my ability to have a personal life	5%	3%	2%	5%	6%	8%	3%	9%	11%	
None of these	1%	0%	3%	-	1%	0%	-	2%	-	
Don't know	1%	0%	2%	6%	0%	0%	-	-	4%	

Which, if any, of the following statements apply to you? (Please tick all that apply)

	Unweighted base	901	214	115	78	158	231	34	55	16
	Base: All UK office workers	859	213	125	80	120	201	38	62	20
The hours I work are a barrier to me exercising more	27%	23%	28%	17%	25%	36%	17%	27%	30%	
I blame my job for my lack of a love life	6%	7%	3%	3%	7%	6%	5%	5%	6%	
I would be happier in general if I had more control over the hours I worked	24%	21%	34%	23%	21%	24%	13%	27%	11%	
I would be happier with my body if I had more control over the hours I worked	15%	14%	22%	5%	18%	15%	9%	20%	14%	
I would eat more healthily if I could work at home more often	12%	12%	14%	6%	15%	10%	9%	17%	27%	
I have gained unwanted weight since starting my current job	27%	30%	27%	18%	24%	24%	26%	35%	33%	
I am not/ would not be able to look after a pet because of the hours I work	20%	20%	21%	20%	18%	22%	3%	21%	14%	
I work too much to think about having children/ spend time with my children	7%	5%	6%	11%	5%	8%	1%	11%	-	
I really enjoy my job	28%	27%	21%	49%	25%	28%	48%	18%	25%	
My job is very flexible (i.e. allows me to work from home when I need to etc.)	20%	23%	20%	24%	22%	14%	32%	11%	30%	
My job means I have plenty of time to exercise outside of working hours	15%	13%	15%	17%	15%	14%	27%	10%	16%	
None of these	9%	12%	10%	1%	9%	8%	11%	6%	15%	
Don't know	1%	-	2%	3%	1%	1%	3%	2%	-	

Total	Working status						
	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other

Overall which ONE, if any, of the following would you say BEST describes your current work/ life balance? (Please tick the option that BEST applies)

	Unweighted base	743	91	834	30	14	14	9
	Base: All UK office workers	710	89	799	23	13	17	7
Perfect – my work life <u>does not negatively</u> impact my ability to have a personal life at all	13%	12%	21%	13%	-	34%	36%	-
Good – my work life <u>rarely</u> impacts my ability to have a personal life	34%	35%	31%	34%	27%	23%	23%	36%
Manageable – my work life does impact on my ability to have a personal life sometimes <u>but it is manageable</u>	32%	32%	32%	32%	58%	31%	17%	26%
Poor – my job <u>often impacts</u> on my ability to have a personal life	14%	14%	11%	14%	10%	12%	3%	39%
Terrible – my job <u>has a constant and negative impact</u> on my ability to have a personal life	5%	5%	4%	5%	2%	-	22%	-
None of these	1%	1%	0%	1%	4%	-	-	-
Don't know	1%	1%	1%	1%	-	-	-	-

Which, if any, of the following statements apply to you? (Please tick all that apply)

	Unweighted base	743	91	834	30	14	14	9
	Base: All UK office workers	710	89	799	23	13	17	7
The hours I work are a barrier to me exercising more	27%	28%	18%	27%	30%	23%	15%	27%
I blame my job for my lack of a love life	6%	6%	1%	5%	20%	-	12%	7%
I would be happier in general if I had more control over the hours I worked	24%	25%	15%	24%	21%	16%	19%	15%
I would be happier with my body if I had more control over the hours I worked	15%	17%	4%	16%	2%	6%	20%	27%
I would eat more healthily if I could work at home more often	12%	13%	10%	12%	6%	12%	26%	15%
I have gained unwanted weight since starting my current job	27%	29%	14%	27%	6%	14%	41%	8%
I am not/ would not be able to look after a pet because of the hours I work	20%	20%	21%	20%	10%	8%	17%	31%
I work too much to think about having children/ spend time with my children	7%	7%	7%	7%	2%	-	11%	21%
I really enjoy my job	28%	28%	31%	29%	32%	43%	13%	8%
My job is very flexible (i.e. allows me to work from home when I need to etc.)	20%	20%	25%	21%	13%	17%	6%	23%
My job means I have plenty of time to exercise outside of working hours	15%	13%	33%	15%	15%	17%	-	23%
None of these	9%	9%	13%	9%	4%	-	-	26%
Don't know	1%	1%	1%	1%	-	-	-	-

Total	Marital Status					Children in Household					
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Overall which ONE, if any, of the following would you say BEST describes your current work/ life balance? (Please tick the option that BEST applies)

	Unweighted base	901	400	125	70	8	219	555	139	138	36	313	33
Base: All UK office workers		859	376	111	67	7	209	521	119	144	44	307	32
Perfect – my work life <u>does not negatively</u> impact my ability to have a personal life at all	13%	9%	12%	22%	27%	15%	15%	14%	7%	2%	9%	13%	
Good – my work life <u>rarely</u> impacts my ability to have a personal life	34%	35%	28%	28%	46%	32%	35%	35%	35%	23%	34%	23%	
Manageable – my work life does impact on my ability to have a personal life sometimes <u>but it is manageable</u>	32%	32%	47%	23%	27%	31%	30%	34%	36%	49%	37%	18%	
Poor – my job <u>often impacts</u> on my ability to have a personal life	14%	16%	8%	11%	-	16%	12%	12%	14%	23%	14%	32%	
Terrible – my job <u>has a constant and negative impact</u> on my ability to have a personal life	5%	6%	4%	8%	-	4%	5%	5%	6%	1%	5%	5%	
None of these	1%	1%	-	7%	-	-	1%	1%	1%	1%	1%	-	
Don't know	1%	1%	1%	1%	-	3%	1%	-	0%	1%	0%	9%	

Which, if any, of the following statements apply to you? (Please tick all that apply)

	Unweighted base	901	400	125	70	8	219	555	139	138	36	313	33
Base: All UK office workers		859	376	111	67	7	209	521	119	144	44	307	32
The hours I work are a barrier to me exercising more	27%	32%	23%	9%	11%	23%	24%	24%	38%	21%	30%	34%	
I blame my job for my lack of a love life	6%	6%	1%	6%	-	9%	5%	7%	5%	-	5%	15%	
I would be happier in general if I had more control over the hours I worked	24%	24%	25%	14%	9%	27%	27%	19%	19%	18%	19%	21%	
I would be happier with my body if I had more control over the hours I worked	15%	18%	9%	14%	11%	16%	15%	16%	11%	22%	15%	17%	
I would eat more healthily if I could work at home more often	12%	13%	13%	11%	-	16%	14%	7%	14%	6%	10%	9%	
I have gained unwanted weight since starting my current job	27%	30%	31%	13%	25%	19%	29%	28%	15%	36%	23%	17%	
I am not/ would not be able to look after a pet because of the hours I work	20%	17%	31%	7%	55%	23%	22%	14%	13%	24%	15%	20%	
I work too much to think about having children/ spend time with my children	7%	5%	9%	10%	-	6%	7%	6%	4%	16%	6%	10%	
I really enjoy my job	28%	25%	35%	35%	32%	30%	32%	24%	26%	19%	24%	16%	
My job is very flexible (i.e. allows me to work from home when I need to etc.)	20%	18%	22%	19%	66%	17%	21%	21%	19%	13%	19%	25%	
My job means I have plenty of time to exercise outside of working hours	15%	11%	16%	27%	62%	16%	19%	12%	9%	5%	9%	7%	
None of these	9%	10%	9%	14%	-	9%	8%	15%	6%	18%	11%	2%	
Don't know	1%	0%	2%	1%	-	3%	1%	0%	0%	-	0%	10%	

Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Overall which ONE, if any, of the following would you say BEST describes your current work/ life balance? (Please tick the option that BEST applies)

	Unweighted base	901	41	96	77	43	72	78	158	166	65	34	55	16
Base: All UK office workers	859	46	101	66	41	83	80	120	153	49	38	62	20	
Perfect – my work life <u>does not negatively</u> impact my ability to have a personal life at all	13%	15%	19%	15%	22%	7%	15%	8%	9%	19%	26%	11%	6%	
Good – my work life <u>rarely</u> impacts my ability to have a personal life	34%	26%	36%	37%	26%	36%	27%	27%	47%	38%	37%	22%	24%	
Manageable – my work life does impact on my ability to have a personal life sometimes <u>but it is manageable</u>	32%	40%	27%	33%	30%	28%	34%	45%	26%	29%	21%	37%	30%	
Poor – my job <u>often impacts</u> on my ability to have a personal life	14%	13%	16%	12%	4%	28%	13%	12%	9%	7%	13%	19%	26%	
Terrible – my job <u>has a constant and negative impact</u> on my ability to have a personal life	5%	6%	2%	2%	4%	1%	5%	6%	8%	7%	3%	9%	11%	
None of these	1%	-	1%	-	9%	-	-	1%	1%	-	-	2%	-	
Don't know	1%	-	-	1%	4%	1%	6%	0%	0%	1%	-	-	4%	

Which, if any, of the following statements apply to you? (Please tick all that apply)

	Unweighted base	901	41	96	77	43	72	78	158	166	65	34	55	16
Base: All UK office workers	859	46	101	66	41	83	80	120	153	49	38	62	20	
The hours I work are a barrier to me exercising more	27%	26%	22%	22%	21%	31%	17%	25%	39%	25%	17%	27%	30%	
I blame my job for my lack of a love life	6%	14%	5%	5%	2%	4%	3%	7%	7%	3%	5%	5%	6%	
I would be happier in general if I had more control over the hours I worked	24%	22%	21%	22%	23%	39%	23%	21%	26%	20%	13%	27%	11%	
I would be happier with my body if I had more control over the hours I worked	15%	15%	10%	19%	18%	23%	5%	18%	16%	13%	9%	20%	14%	
I would eat more healthily if I could work at home more often	12%	7%	16%	10%	19%	11%	6%	15%	9%	16%	9%	17%	27%	
I have gained unwanted weight since starting my current job	27%	42%	25%	29%	20%	30%	18%	24%	23%	29%	26%	35%	33%	
I am not/ would not be able to look after a pet because of the hours I work	20%	17%	21%	21%	9%	27%	20%	18%	21%	24%	3%	21%	14%	
I work too much to think about having children/ spend time with my children	7%	4%	6%	4%	5%	6%	11%	5%	8%	7%	1%	11%	-	
I really enjoy my job	28%	33%	30%	18%	27%	18%	49%	25%	28%	27%	48%	18%	25%	
My job is very flexible (i.e. allows me to work from home when I need to etc.)	20%	16%	23%	28%	27%	16%	24%	22%	14%	15%	32%	11%	30%	
My job means I have plenty of time to exercise outside of working hours	15%	17%	14%	10%	18%	14%	17%	15%	12%	22%	27%	10%	16%	
None of these	9%	9%	13%	12%	8%	11%	1%	9%	8%	9%	11%	6%	15%	
Don't know	1%	-	-	-	4%	1%	3%	1%	1%	1%	3%	2%	-	

Total	Social Media (monthly or more)			
	Facebook	LinkedIn	Google+	Twitter

Overall which ONE, if any, of the following would you say BEST describes your current work/ life balance? (Please tick the option that BEST applies)

	Unweighted base	901	580	221	58	262
Base: All UK office workers		859	526	189	59	233
Perfect – my work life <u>does not negatively</u> impact my ability to have a personal life at all		13%	14%	7%	13%	13%
Good – my work life <u>rarely</u> impacts my ability to have a personal life		34%	35%	33%	41%	36%
Manageable – my work life does impact on my ability to have a personal life sometimes <u>but it is manageable</u>		32%	33%	40%	37%	34%
Poor – my job <u>often impacts</u> on my ability to have a personal life		14%	13%	15%	5%	11%
Terrible – my job <u>has a constant and negative impact</u> on my ability to have a personal life		5%	5%	4%	3%	5%
None of these		1%	1%	1%	1%	-
Don't know		1%	1%	-	-	-

Which, if any, of the following statements apply to you? (Please tick all that apply)

	Unweighted base	901	580	221	58	262
Base: All UK office workers		859	526	189	59	233
The hours I work are a barrier to me exercising more		27%	25%	34%	13%	28%
I blame my job for my lack of a love life		6%	4%	5%	2%	6%
I would be happier in general if I had more control over the hours I worked		24%	26%	23%	21%	23%
I would be happier with my body if I had more control over the hours I worked		15%	17%	20%	22%	19%
I would eat more healthily if I could work at home more often		12%	13%	16%	12%	11%
I have gained unwanted weight since starting my current job		27%	27%	35%	31%	32%
I am not/ would not be able to look after a pet because of the hours I work		20%	21%	25%	20%	19%
I work too much to think about having children/ spend time with my children		7%	7%	10%	6%	6%
I really enjoy my job		28%	31%	42%	30%	32%
My job is very flexible (i.e. allows me to work from home when I need to etc.)		20%	23%	32%	31%	32%
My job means I have plenty of time to exercise outside of working hours		15%	17%	16%	20%	16%
None of these		9%	8%	3%	13%	5%
Don't know		1%	1%	0%	-	1%

Total	Gender		Age					Social Grade	
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

Thinking about the days over the Christmas period this year that won't be bank holidays (i.e. 27th December – 31st December 2013)...

Which, if any, of the following apply to you? (Please tick all that apply)

	Unweighted base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE
Unweighted base	901	475	426	101	208	230	212	150	711	190
Base: All UK office workers	859	456	403	101	211	217	179	151	672	188
I will be able to use my annual leave during this period	40%	41%	38%	38%	41%	41%	36%	43%	45%	23%
I will not be able to use my annual leave during this period	12%	12%	12%	12%	8%	11%	17%	14%	9%	24%
Our office/ workplace will be automatically closed for the whole of this period so I don't need to use annual leave	16%	15%	18%	13%	20%	17%	14%	16%	17%	13%
Our office/ workplace will be automatically closed for some of this period	15%	14%	17%	16%	15%	16%	14%	15%	15%	15%
I am likely to go into the office during this period as I can be more productive	15%	17%	13%	7%	18%	17%	19%	11%	15%	17%
I will be given the choice to work remotely (i.e. from home) during this period on days when I am meant to be in the office	7%	8%	5%	6%	7%	11%	3%	4%	7%	5%
None of these	7%	6%	7%	6%	5%	5%	11%	6%	6%	9%
Don't know	4%	5%	3%	11%	4%	3%	2%	2%	3%	6%

To what extent do you agree or disagree with each of the following statements? (Please tick one answer option on each row)

"I feel more productive when it is sunny"

	Unweighted base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE
Unweighted base	901	475	426	101	208	230	212	150	711	190
Base: All UK office workers	859	456	403	101	211	217	179	151	672	188
Strongly agree	10%	9%	10%	11%	12%	7%	8%	12%	9%	12%
Tend to agree	33%	33%	34%	39%	35%	29%	29%	39%	32%	37%
Tend to disagree	39%	39%	38%	30%	36%	41%	41%	40%	41%	30%
Strongly disagree	11%	10%	11%	13%	13%	14%	11%	2%	11%	11%
Don't know	7%	9%	6%	7%	4%	8%	11%	7%	7%	10%

"I get frustrated working inside the office when it's sunny outside"

	Unweighted base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE
Unweighted base	901	475	426	101	208	230	212	150	711	190
Base: All UK office workers	859	456	403	101	211	217	179	151	672	188
Strongly agree	26%	25%	27%	43%	32%	21%	18%	21%	28%	19%
Tend to agree	42%	39%	45%	38%	39%	47%	44%	38%	41%	46%
Tend to disagree	23%	25%	21%	14%	22%	22%	25%	31%	23%	23%
Strongly disagree	6%	7%	5%	2%	6%	7%	7%	7%	6%	7%
Don't know	3%	5%	2%	4%	2%	4%	6%	3%	3%	5%

Total	Region							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Thinking about the days over the Christmas period this year that won't be bank holidays (i.e. 27th December – 31st December 2013)...

Which, if any, of the following apply to you? (Please tick all that apply)

	Unweighted base	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland
Unweighted base	901	214	115	78	158	231	34	55	16
Base: All UK office workers	859	213	125	80	120	201	38	62	20
I will be able to use my annual leave during this period	40%	35%	36%	39%	39%	50%	22%	44%	46%
I will not be able to use my annual leave during this period	12%	9%	14%	11%	12%	10%	15%	28%	15%
Our office/ workplace will be automatically closed for the whole of this period so I don't need to use annual leave	16%	23%	19%	27%	11%	12%	18%	-	6%
Our office/ workplace will be automatically closed for some of this period	15%	14%	14%	11%	19%	13%	28%	10%	43%
I am likely to go into the office during this period as I can be more productive	15%	13%	13%	13%	18%	15%	27%	18%	21%
I will be given the choice to work remotely (i.e. from home) during this period on days when I am meant to be in the office	7%	5%	8%	9%	11%	5%	13%	3%	-
None of these	7%	10%	6%	2%	5%	8%	3%	8%	-
Don't know	4%	4%	6%	4%	6%	3%	-	4%	-

To what extent do you agree or disagree with each of the following statements? (Please tick one answer option on each row)

"I feel more productive when it is sunny"

	Unweighted base	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland
Unweighted base	901	214	115	78	158	231	34	55	16
Base: All UK office workers	859	213	125	80	120	201	38	62	20
Strongly agree	10%	12%	13%	5%	11%	5%	13%	9%	13%
Tend to agree	33%	28%	30%	31%	29%	47%	39%	28%	32%
Tend to disagree	39%	38%	42%	40%	40%	36%	31%	43%	39%
Strongly disagree	11%	12%	9%	12%	14%	8%	15%	9%	12%
Don't know	7%	10%	6%	13%	6%	4%	2%	12%	4%

"I get frustrated working inside the office when it's sunny outside"

	Unweighted base	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland
Unweighted base	901	214	115	78	158	231	34	55	16
Base: All UK office workers	859	213	125	80	120	201	38	62	20
Strongly agree	26%	26%	18%	19%	18%	34%	26%	34%	31%
Tend to agree	42%	43%	48%	40%	46%	35%	32%	46%	41%
Tend to disagree	23%	21%	26%	24%	25%	25%	30%	11%	14%
Strongly disagree	6%	5%	6%	9%	8%	3%	13%	3%	10%
Don't know	3%	4%	1%	8%	2%	2%	-	6%	4%

Total	Working status						
	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other

Thinking about the days over the Christmas period this year that won't be bank holidays (i.e. 27th December – 31st December 2013)...

Which, if any, of the following apply to you? (Please tick all that apply)

	Unweighted base	743	91	834	30	14	14	9
Base: All UK office workers	859	710	89	799	23	13	17	7
I will be able to use my annual leave during this period	40%	43%	32%	42%	17%	20%	3%	30%
I will not be able to use my annual leave during this period	12%	12%	15%	12%	5%	6%	21%	15%
Our office/ workplace will be automatically closed for the whole of this period so I don't need to use annual leave	16%	16%	22%	16%	15%	38%	10%	8%
Our office/ workplace will be automatically closed for some of this period	15%	15%	14%	15%	21%	11%	18%	21%
I am likely to go into the office during this period as I can be more productive	15%	15%	16%	15%	13%	-	40%	15%
I will be given the choice to work remotely (i.e. from home) during this period on days when I am meant to be in the office	7%	7%	3%	7%	19%	4%	-	15%
None of these	7%	6%	9%	7%	8%	21%	-	-
Don't know	4%	4%	3%	3%	11%	-	9%	26%

To what extent do you agree or disagree with each of the following statements? (Please tick one answer option on each row)

"I feel more productive when it is sunny"

	Unweighted base	743	91	834	30	14	14	9
Base: All UK office workers	859	710	89	799	23	13	17	7
Strongly agree	10%	9%	13%	9%	10%	14%	26%	-
Tend to agree	33%	32%	39%	33%	52%	36%	32%	35%
Tend to disagree	39%	41%	28%	39%	28%	9%	36%	50%
Strongly disagree	11%	10%	17%	11%	3%	10%	6%	15%
Don't know	7%	8%	3%	7%	8%	30%	-	-

"I get frustrated working inside the office when it's sunny outside"

	Unweighted base	743	91	834	30	14	14	9
Base: All UK office workers	859	710	89	799	23	13	17	7
Strongly agree	26%	26%	29%	26%	18%	12%	44%	23%
Tend to agree	42%	42%	40%	41%	47%	41%	36%	65%
Tend to disagree	23%	23%	25%	23%	27%	35%	5%	12%
Strongly disagree	6%	6%	5%	6%	5%	4%	15%	-
Don't know	3%	4%	1%	4%	3%	7%	-	-

Total	Marital Status					Children in Household					
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Thinking about the days over the Christmas period this year that won't be bank holidays (i.e. 27th December – 31st December 2013)...

Which, if any, of the following apply to you? (Please tick all that apply)

	Unweighted base	901	400	125	70	8	219	555	139	138	36	313	33
Base: All UK office workers		859	376	111	67	7	209	521	119	144	44	307	32
I will be able to use my annual leave during this period	40%	40%	33%	43%	80%	34%	41%	37%	44%	29%	39%	30%	
I will not be able to use my annual leave during this period	12%	12%	14%	9%	-	14%	11%	7%	14%	17%	12%	25%	
Our office/ workplace will be automatically closed for the whole of this period so I don't need to use annual leave	16%	17%	15%	18%	-	19%	16%	21%	11%	21%	17%	13%	
Our office/ workplace will be automatically closed for some of this period	15%	15%	20%	29%	-	11%	15%	16%	14%	22%	16%	8%	
I am likely to go into the office during this period as I can be more productive	15%	12%	13%	16%	11%	18%	16%	11%	15%	14%	13%	28%	
I will be given the choice to work remotely (i.e. from home) during this period on days when I am meant to be in the office	7%	6%	8%	7%	18%	4%	5%	10%	5%	17%	9%	9%	
None of these	7%	6%	8%	4%	14%	8%	7%	5%	9%	1%	6%	2%	
Don't know	4%	3%	5%	1%	-	7%	4%	5%	2%	-	3%	12%	

To what extent do you agree or disagree with each of the following statements? (Please tick one answer option on each row)

"I feel more productive when it is sunny"

	Unweighted base	901	400	125	70	8	219	555	139	138	36	313	33
Base: All UK office workers		859	376	111	67	7	209	521	119	144	44	307	32
Strongly agree	10%	7%	16%	13%	-	9%	10%	7%	6%	12%	7%	25%	
Tend to agree	33%	38%	30%	35%	55%	24%	30%	35%	47%	38%	41%	22%	
Tend to disagree	39%	39%	33%	38%	27%	42%	43%	36%	28%	40%	33%	28%	
Strongly disagree	11%	7%	11%	9%	18%	17%	11%	11%	11%	9%	11%	17%	
Don't know	7%	8%	11%	5%	-	7%	7%	12%	8%	-	8%	8%	

"I get frustrated working inside the office when it's sunny outside"

	Unweighted base	901	400	125	70	8	219	555	139	138	36	313	33
Base: All UK office workers		859	376	111	67	7	209	521	119	144	44	307	32
Strongly agree	26%	27%	19%	19%	9%	27%	24%	23%	36%	25%	29%	32%	
Tend to agree	42%	41%	50%	47%	25%	39%	42%	44%	36%	50%	41%	47%	
Tend to disagree	23%	24%	19%	26%	48%	22%	25%	21%	21%	22%	21%	7%	
Strongly disagree	6%	5%	7%	5%	18%	7%	6%	6%	5%	3%	5%	9%	
Don't know	3%	3%	4%	3%	-	5%	3%	6%	3%	-	4%	5%	

Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Thinking about the days over the Christmas period this year that won't be bank holidays (i.e. 27th December – 31st December 2013)...

Which, if any, of the following apply to you? (Please tick all that apply)

	Unweighted base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland
Unweighted base	901	41	96	77	43	72	78	158	166	65	34	55	16
Base: All UK office workers	859	46	101	66	41	83	80	120	153	49	38	62	20
I will be able to use my annual leave during this period	40%	29%	29%	48%	32%	38%	39%	39%	53%	41%	22%	44%	46%
I will not be able to use my annual leave during this period	12%	9%	8%	10%	15%	14%	11%	12%	9%	13%	15%	28%	15%
Our office/ workplace will be automatically closed for the whole of this period so I don't need to use annual leave	16%	32%	28%	11%	13%	23%	27%	11%	14%	7%	18%	-	6%
Our office/ workplace will be automatically closed for some of this period	15%	12%	15%	13%	10%	16%	11%	19%	13%	14%	28%	10%	43%
I am likely to go into the office during this period as I can be more productive	15%	7%	10%	21%	22%	9%	13%	18%	15%	15%	27%	18%	21%
I will be given the choice to work remotely (i.e. from home) during this period on days when I am meant to be in the office	7%	7%	4%	5%	7%	8%	9%	11%	5%	3%	13%	3%	-
None of these	7%	7%	12%	7%	11%	4%	2%	5%	5%	15%	3%	8%	-
Don't know	4%	-	5%	5%	6%	6%	4%	6%	2%	5%	-	4%	-

To what extent do you agree or disagree with each of the following statements? (Please tick one answer option on each row)

"I feel more productive when it is sunny"

	Unweighted base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland
Unweighted base	901	41	96	77	43	72	78	158	166	65	34	55	16
Base: All UK office workers	859	46	101	66	41	83	80	120	153	49	38	62	20
Strongly agree	10%	15%	7%	17%	25%	7%	5%	11%	5%	8%	13%	9%	13%
Tend to agree	33%	34%	27%	23%	21%	34%	31%	29%	50%	36%	39%	28%	32%
Tend to disagree	39%	27%	44%	37%	44%	41%	40%	40%	35%	40%	31%	43%	39%
Strongly disagree	11%	19%	7%	16%	10%	8%	12%	14%	8%	9%	15%	9%	12%
Don't know	7%	4%	15%	6%	-	9%	13%	6%	3%	6%	2%	12%	4%

"I get frustrated working inside the office when it's sunny outside"

	Unweighted base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland
Unweighted base	901	41	96	77	43	72	78	158	166	65	34	55	16
Base: All UK office workers	859	46	101	66	41	83	80	120	153	49	38	62	20
Strongly agree	26%	39%	16%	33%	17%	19%	19%	18%	35%	33%	26%	34%	31%
Tend to agree	42%	45%	41%	44%	48%	49%	40%	46%	34%	39%	32%	46%	41%
Tend to disagree	23%	13%	30%	14%	24%	26%	24%	25%	27%	20%	30%	11%	14%
Strongly disagree	6%	1%	7%	6%	11%	4%	9%	8%	2%	7%	13%	3%	10%
Don't know	3%	2%	6%	3%	-	2%	8%	2%	3%	2%	-	6%	4%

Total	Social Media (monthly or more)			
	Facebook	LinkedIn	Google+	Twitter

Thinking about the days over the Christmas period this year that won't be bank holidays (i.e. 27th December – 31st December 2013)...

Which, if any, of the following apply to you? (Please tick all that apply)

	Unweighted base	901	580	221	58	262
Base: All UK office workers		859	526	189	59	233
I will be able to use my annual leave during this period	40%	39%	46%	49%	41%	
I will not be able to use my annual leave during this period	12%	13%	7%	8%	11%	
Our office/ workplace will be automatically closed for the whole of this period so I don't need to use annual leave	16%	19%	14%	9%	16%	
Our office/ workplace will be automatically closed for some of this period	15%	14%	21%	23%	18%	
I am likely to go into the office during this period as I can be more productive	15%	15%	22%	26%	17%	
I will be given the choice to work remotely (i.e. from home) during this period on days when I am meant to be in the office	7%	7%	16%	16%	13%	
None of these	7%	7%	7%	7%	7%	
Don't know	4%	3%	2%	2%	2%	

To what extent do you agree or disagree with each of the following statements? (Please tick one answer option on each row)

"I feel more productive when it is sunny"

	Unweighted base	901	580	221	58	262
Base: All UK office workers		859	526	189	59	233
Strongly agree	10%	11%	9%	15%	8%	
Tend to agree	33%	31%	33%	43%	32%	
Tend to disagree	39%	38%	40%	35%	41%	
Strongly disagree	11%	12%	13%	2%	12%	
Don't know	7%	8%	5%	4%	7%	

"I get frustrated working inside the office when it's sunny outside"

	Unweighted base	901	580	221	58	262
Base: All UK office workers		859	526	189	59	233
Strongly agree	26%	26%	18%	19%	24%	
Tend to agree	42%	42%	49%	57%	39%	
Tend to disagree	23%	23%	23%	14%	25%	
Strongly disagree	6%	7%	8%	8%	9%	
Don't know	3%	3%	2%	3%	3%	