

Sample Demographics

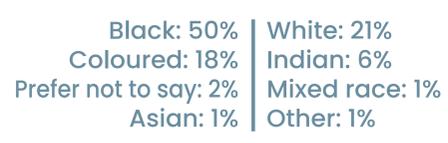
Age distribution:



Biological sex distribution:

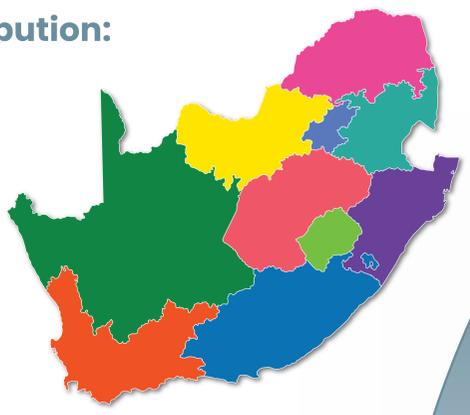


Race distribution

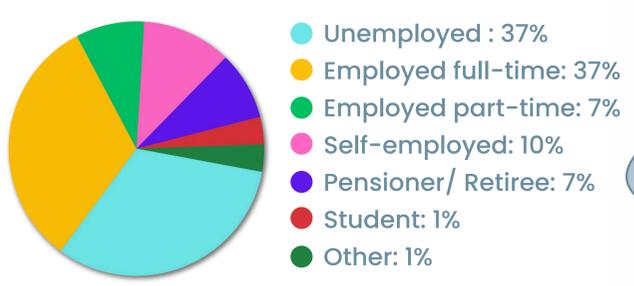


Provincial distribution:

- Eastern Cape: 5%
- Free State: 2%
- Gauteng: 51%
- KwaZulu-Natal: 11%
- Limpopo: 2%
- Mpumalanga: 2%
- Northern Cape: 1%
- North West: 3%
- Western Cape: 21%
- Other: 2%



Employment status:



Active Parent/Guardian:



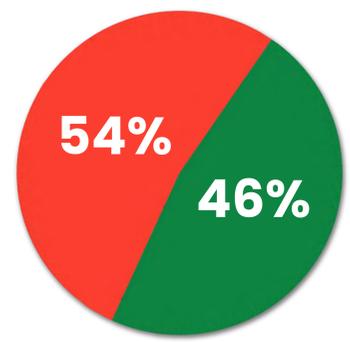
are active parents/guardians of minors



are not active parents/guardians of minors

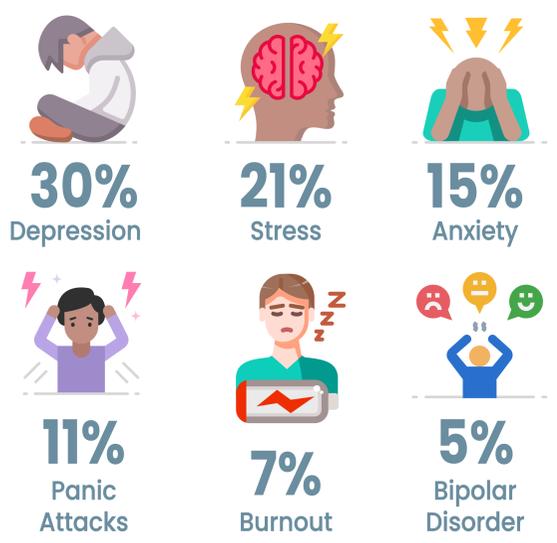
Psychological Well-being

Have Been Diagnosed with a Mental Health Condition:



Have Not Been Diagnosed (Red) | Have Been Diagnosed (Green)

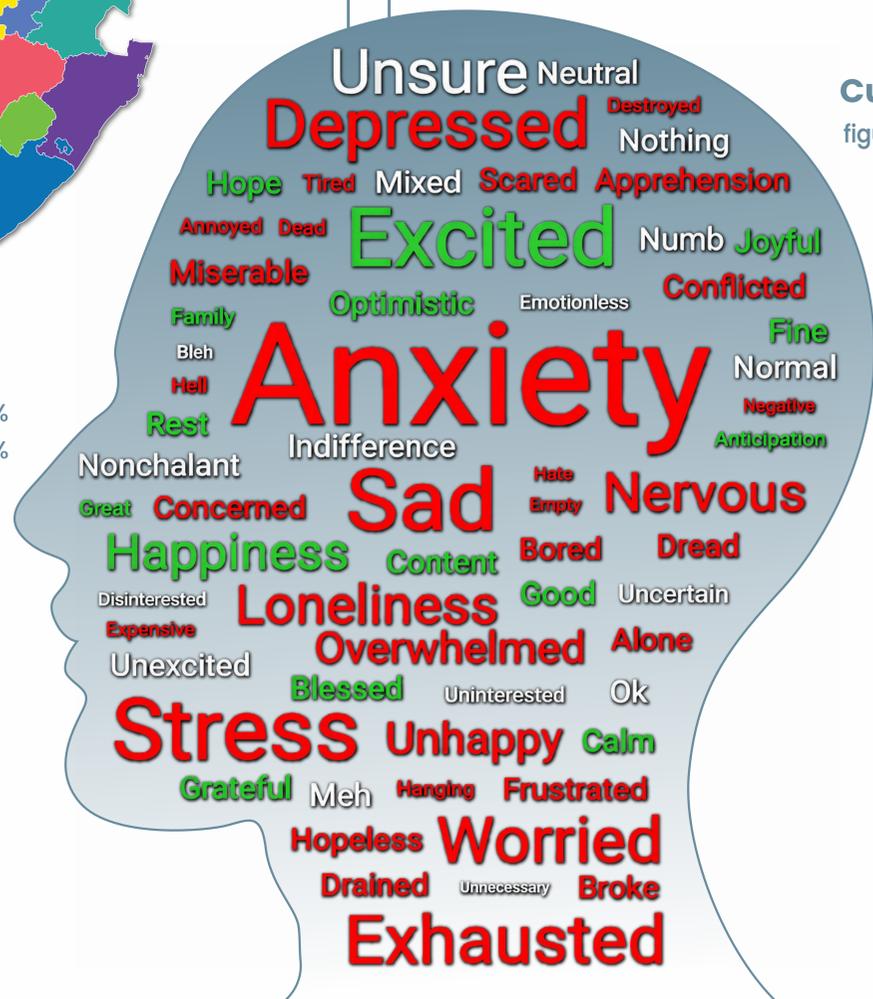
Top 6 Mental Health Conditions:



Current level of Psychological Distress:

figures reflect how many felt this way MOST/ALL of the time:

I felt tired for no good reason	47%
I felt everything was an effort	36%
I felt hopeless	31%
I felt a little nervous	31%
I felt depressed	31%
I felt worthless	28%
I felt a little restless (fidgety)	26%
I felt so sad that nothing could cheer me up	23%
I felt so nervous that nothing could calm me down	14%
I felt so restless that I could not sit still	13%



Past Festive Experiences

73%

I have worried about making financial ends meet in January

58%

I have rested too little and started the new year exhausted

48%

I have overspent during the month of December

45%

I was very lonely during previous festive seasons

44%

I rested well during previous festive seasons

38%

I gained a lot of weight during previous festive seasons

28%

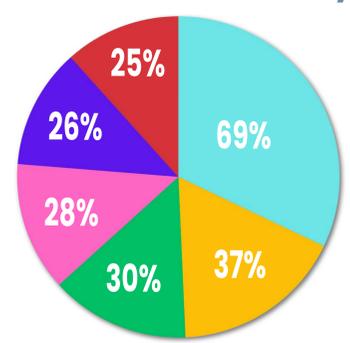
I spent too much time with others last December

17%

I exercised regularly during previous festive seasons

Present Festive Worries & Coping Mechanisms

Main Drivers of Anxiety and Worry:



- Insufficient funds to spoil others
- Feelings of loneliness
- Concerns about a spike in crime rates
- Worried about family conflict
- Struggling to cope with the summer heat
- Being in large crowds in shopping malls

Coping Strategies:

Getting sufficient sleep:	51%
Going outside for a walk:	39%
Cancelling plans and resting:	32%
Stick to a budget:	20%
Taking a break from social media:	19%
Continuing with a healthy diet:	16%
Journaling:	11%
Other coping strategies:	21%