

# *EXPLORING HOW WOMEN DEAL WITH WORRIES*

## SURVEY RESULTS

Earlier this year you completed the *“Exploring How Women Deal with Problems”* survey. The research was to help validate our thinking and give us more insights on the worries that women have and how they deal with them.

We are proud to now share the key insights and learnings from the 200 women who participated.

### ***WHO RESPONDED (PROFILE OF THE SAMPLE)***

**76%** of the respondents live in Europe.

**73%** state they are ‘in or approaching mid-life’.

**64%** are married or live with their partner, and just **over half** of the women have children.

Almost **80%** are university educated.

### ***WOMEN WORRY... A LOT!***

- **72%** of women have had an emotional or physical concern that troubled them in the past week.

- and **41%** in the past 24 hours.

### ***THEIR WORRIES SEEM TO GET WORSE OVER TIME***

- **2 in every 3** women surveyed said their worries have increased with age.

### ***AREAS MOST WOMEN WORRY ABOUT OFTEN (AND BELIEVE ME, THERE’S A LONG LIST) INCLUDE:***

- Self-confidence

- Relationships

ie. Family, (finding) partners, fidelity, being a good mum, divorce...

- Their own health and of family and friends

ie. Fertility, menopause, addiction, disease...

- Careers & Finance

- Getting older

- Older parents, death, impact of death

- Sex

...and many more!

### ***WOMEN DO OPEN UP SOMEWHAT...***

- Yes to the expected sources like partner, family and friends.

- But **75%** have opened up to some they’ve not known very well.

### ***...BUT THEY OFTEN LEAVE OUT IMPORTANT DETAILS***

- Only **29%** of women are **100%** open and honest about the problems they face.

- And only **21%** are **100%** open and honest about their mental and emotional state.

### ***THEIR REASONS INCLUDE:***

- Not wanting to overload/burden others

- Not wanting to be judged

- Not wanting to bore people with the same problem

- Lack of trust regarding confidentiality

- Not wanting to the people around you to know how low you feel

- Feeling others won’t understand

- Embarrassment

- Full disclosure had turned out badly for them in the past...

### ***AS A RESULT, WOMEN OFTEN LOOK TO THE INTERNET FOR ANSWERS***

- But on-line search results were felt to to be overwhelming, confusing, and contradictory.

### ***WOMEN WERE OFTEN MORE COMFORTABLE SHARING THEIR PROBLEMS WITH PEOPLE THEY DON’T KNOW WELL***

- As it removed the fear of being judged.

### ***THE VAST MAJORITY OF WOMEN FEEL LESS STRESSED OR ANXIOUS BY SHARING***

- **74%** in fact!

- Not in terms of getting solutions or answers but because it gives them new perspectives and they feel supported, connected and less alone.

*We hope you found this summary useful and would love to hear from you with any thoughts or comments you’d like to share at: [nicolettelazarus1@gmail.com](mailto:nicolettelazarus1@gmail.com)*