

Do you live in a state of relaxation?

June 2014 Newsletter



If you want to chill out, you might consider packing your surfboard and heading for Hawaii. For the fifth year in a row, Hawaii topped the list of the most relaxed states in the U.S.¹ The next four, in order, were Louisiana, Mississippi, Iowa and Wyoming.

And which were the least relaxed? West Virginia, Rhode Island, Kentucky, Utah and Massachusetts. So what makes a state rank as more — or less — relaxed?

Measuring relaxation

Gallup first started polling states to identify the most and least relaxed in 2008. Here's a quick look at how the survey works:

- Participants across the U.S. are asked if they “felt a lot of stress yesterday.” In the most recent poll, only 32% of Hawaiians said “yes,” while 40.6% of other Americans said “yes.”
- Next, they're asked if they had “a lot of enjoyment yesterday.” Hawaiians said “yes” 89.7% of the time!
- Residents of the most relaxed states also score well on questions about work satisfaction, good health and whether or not they felt worried on the previous day.

Wait: Don't pull up stakes yet!

No matter where you live, you can learn a lot about how to relax from this survey.

- **First, try to build enjoyment into each day.** Spend time with family, call a friend or play with your pet. Whatever works for you.
- **Next, think about your job.** Do you feel productive, appreciated and challenged? If not, think about what you can do to increase your satisfaction. Try to enlist support from your manager or team.
- **Pay attention to your fitness and health goals.** It's hard to enjoy a good quality of life without taking care of your mind and body.
- **Finally, if you're a worrier, try to get it under control.** Make a list of things you're concerned about. Then devote 10 minutes a day to worrying about the items on your list. After that, force yourself to stop. The list will still be there for tomorrow's worry time!

You can find help with taking all these steps by searching online for stress, health and wellness tools. Or you can learn about health and wellness benefits you may have through your Human Resources department.

¹www.gallup.com