

STRESSED OUT: TIME POOR BRITS SPEND 13 DAYS A YEAR ON 'LIFE ADMIN' AND RUNNING ERRANDS

-Psychologist reveals the impact this has on mental – and physical – health -

- The average UK adult spends nearly **34 minutes** every weekday doing “life-admin” tasks such as insurance and banking¹
- Running errands takes up **37 minutes** a day out of a Brits weekday routine
- Adults with both children and parents as dependents spend **an additional 2.2 days a year on “life admin” compared to those without any dependents**
- **Almost two thirds** of Brits believe their current routine has a **negative impact** on them and their health
- Expert psychologist, Richard Daniel Curtis, has commented on the findings and **shared tips on how to avoid feeling overwhelmed**

From filling out forms to organising your finances, research from [Admiral MultiCover](#) reveals the boring but essential “life admin” tasks can take up an incredible 13 days a year of Brits’ valuable time.

On average people estimate that they spend **34 minutes** every weekday on “life admin” and as much as **37 minutes** a day just running errands – that’s just under six hours every week on life admin and errands.

One in 10 adults feel these tasks take up more time than they should and for some people, time spent on them can increase by more than a third.

Sandwich generation Brits with both children and parents as dependents spend an additional 2.2 days a year on “life admin” compared to those without any dependents.

Life admin and running errands by dependents

Dependent	Days per year spent on “life admin”	Days per year spent running errands
Dependents - children	5.9	6.8
Dependents - parents	7.5	8.0
Dependents - both	7.8	7.2
Dependents - none	5.6	6.9

Stressed out Britain

Almost two thirds of Brits feel like their current daily routine has a negative effect on their health, with over a fifth saying it leaves them tired and rundown and one in ten saying it impacts their sleep.

When asked to rank their stress levels on different elements of their daily routine, on average Brits found their job to be the most stressful part of their day, scoring it almost 6 out of 10, while the least stressful task was managing their social life which scored 4.39 out of 10.

Within the top five most stressful tasks for Brits was staying healthy (5.31) highlighting the importance of getting into a healthy daily routine and avoid a perpetual cycle of stress or feeling rundown.

Londoners recorded the highest overall stress levels with the average ranking over 5.75 compared to the UK average of 4.86. Scotland recorded the lowest overall stress level.

Regional overall stress level

Region	Average overall stress level
London	5.76
North East	5.58
<i>UK Average</i>	4.86
South West	4.74
South East	4.46
East Midlands	4.55
Yorkshire and the Humber	5.54
Northern Ireland	4.50
East	4.49
South West	4.47
Wales	4.39
West Midlands	4.36
Scotland	4.22

Millennials aged 25-34 feel the most stress, with an average overall stress rating of 5.95, higher than the national average and any other generation. The oldest group, aged 65 and over, feel the least stress.

Age range overall stress level

Age range	Average overall stress level
25-34	5.95
35-44	5.77
45-54	4.76
18-24	4.33
55 -64	4.17
65+	3.81

Commenting on the findings of the research, Richard Daniel Curtis, psychologist and Programme Director of the National Leaders in Mental Health Programme, [The Root Of It](#) said: “Life admin and every day chores can contribute to the daily stress that a person experiences. High daily stress and our ability to cope with it have a number of effects on both our physical and mental health.

“High levels of daily stress have been linked to physical symptoms such as flu, sore throats, headaches and backaches. Parents affected by daily stress are also more likely to reduce interactions with their children, possibly in a bid to avoid being further stressed by their children or to avoid being stressed with them.



“Whilst recognising that younger generations and sandwich generations are experiencing more stress, it should also be remembered that older generations are more likely to feel the effects of lower amounts of stress, which could then have the same detrimental effects on their health.”

Rest and relaxation

More than one in 10 Brits feel stressed because of their daily routine and almost half (45%) of the UK population find themselves sometimes missing out on things they enjoy because they don't have enough time, while almost one in five (17%) find they frequently miss out.

The investigation revealed that more than a third (35%) of Brits have less than two hours to themselves a day but when they do get time to alone, watching TV (49%) and reading (45%) are the nation's favourite pastimes.

When Brits get the opportunity to spend time with friends, socialising (43%) and going out for food (39%) are the nation's favourite activities. Meanwhile when it comes to family time, eating out (42%) and spending time outdoors (38%) top the list.

Also commenting on the research, Ellie Willis, Head of MultiCover at Admiral said: “People can often feel like there aren't enough hours in the day. From getting the kids ready in the morning through to getting to work on time, it can be a struggle to get everything done.

“It's clear that the small but essential life admin tasks can soon build up and eat away at people's free time. By taking some time in the short-term to organise these tasks, looking at ways to reduce paperwork or the number of dates you need to remember, you could significantly reduce the time you need to spend on your life admin workload in the long run and win back some precious spare time in your routine.

“Juggling careers and personal lives can lead to both physical and emotional stress so it's important for individuals to make time for themselves to relax and unwind and a simple thing like combining your home and car insurance bills is a simple step to make time for yourself.”

Psychologist Richard Daniel Curtis added: “Higher levels of daily hassle, such as life admin, can interrupt with the daily routine of life.

“Research has shown higher levels are linked to increased snacking on high fat or high sugar foods and a reduction in eating main meals or vegetables. These behaviours have been linked to raised cholesterol, weight gain, heart disease, cancer and diabetes. As exercise levels and diet are often based on routine, those wishing to reduce the stress of maintaining a healthy lifestyle will benefit from developing a routine. For example, if you plan for and buy healthy meals for the whole week, then even when things get in the way, it will be simpler to cook what you've got, rather than go to the shop where you are likely to impulse buy unhealthy food.

“In addition, lack of sleep - one of the symptoms identified in Admiral's research - also increases the risks of heart disease and diabetes.”

Five tips for avoiding overwhelm from expert psychologist, Richard Daniel Curtis:



- **Find a way of breaking complex life admin tasks down into things you can achieve** – your concept of your own ability to do them makes you more able to cope with the stress of doing them.
- **Do not overload yourself with a massive ‘to do’ list** – having a list of less than five items will help you feel success as you cross them all off, rather than a never-ending list that doesn’t stop.
- **Recognise your own emotions** – the more emotionally aware of your emotional journey, the more you are able to manage them and avoid building up.
- **Take time for yourself** – taking time to unwind and lose yourself in the moment, whether it be a hobby or with close friends, helps to increase ability to cope with stress.
- **Notice when the stress is building up and act** – stress can easily build up over time and it’s important that we have respite or holidays to allow us to recharge. Even if you’re caring for dependents or running errands, getting someone else to cover your responsibilities for even a short time can make all the difference.

To see the full breakdown of how Brits spend their time visit [Admiral’s guide](#).

-ENDS-

Notes to Editor

¹In June 4media surveyed 2006 UK adults

Responses to survey were provided in minutes, there are 52 weeks in a year, 5 days in a week =260 days.

33.71 minutes x 260 (days) /60 (minutes)/24 (hours) = 6.08 days

37.35 minutes x 260 (days) /60 (minutes)/24 (hours) = 6.74 days

6.08 + 6.74 days = 12.78 days

Same calculation format used for dependents data.

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About Admiral:

Admiral (a trading name of EUI Ltd and part of Admiral Group plc) is a UK based insurance company, founded in 1993 to specialise in car insurance. In 2005, it launched MultiCar, a product designed to help people with two or more cars get a better deal and in 2013, it launched its telematics product LittleBox which helps safe drivers receive discounts based on their driving style. Admiral also offers other insurance products including home insurance, travel insurance, pet insurance, van insurance, learner driver insurance and



recently MultiCover, enabling customers to insure their cars and home on one policy. Admiral was also voted the UK's Best Car Insurance Provider at the 2018/19 Personal Finance Awards and the Admiral Group employs over 7,400 people in the UK and has over 5 million UK customers.