

REPORT: ANALYSIS OF THE SURVEY ON STRESS AND BURNOUT (SHSR 2025)

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Summary and conclusion

A total of 481 people from 26 countries took part in the survey February-March 2025. The aim of the survey was to identify levels of chronic stress, symptoms of burnout and educational needs related to stress reduction methods based on psychology and neuroscience.

The vast majority of respondents (88%) experience stress on a recurrent and intense basis. The most frequently cited sources of stress are work, overload of responsibilities, family, health and financial problems. High levels of stress are strongly associated with low wellbeing scores and the frequent occurrence of burnout symptoms.

Despite a relatively low knowledge of stress management techniques, respondents - especially from the high stress group - show a high willingness to learn. Breathing techniques, mindfulness, cognitive methods (CBT/ACT), neuroscience-based physical exercises and well-being techniques are of greatest interest. Instructional videos and text-based materials are the most preferred form of learning.

More than half of the participants in the high stress group point to difficulties in accessing relevant, personalised learning materials - including financial barriers and lack of visibility of available resources.

Overall conclusion: there is a real need to develop accessible, free and tailored forms of education that introduce adults to effective methods of stress reduction and burnout prevention in an accessible way.

I. Preliminary information

1.1 Background of the SHSR project

The SHSR - Stress & Holistic Self-Regulation project is an initiative of a consortium of 5 organisations from several European countries. The aim of the project is to develop a free educational and training programme for stress reduction, based on an integrative (psychosocial-biological) approach, current psychological and neurobiological knowledge and polyvagal theory. The programme will be available in remote and onsite formats and will be aimed at, among others, parents, carers and professionals at risk of chronic stress and burnout.

1.2 Methodology and caveats

The survey was conducted as an anonymous online survey by the SHSR project partners. Participants were recruited through emails and social media posts (Facebook, LinkedIn). The data collected is exploratory - used to identify the needs and preferences of potential programme participants.

It should be borne in mind that:

- the sample was not random or representative,
- participation in the survey was voluntary,
- the results are indicative, not statistical.

1.3 Acknowledgements

Thank you all for taking part in the survey! Your responses were extremely valuable to us and will help us to adapt the project activities to the real needs of the audience.

General data on the research sample:

- Number of participants: 481 people
- Survey period: 24 February 2025 to 30 March 2025
- Stress breakdown:
 - Low stress ('never', 'rarely'): 57 people (11.9%)
 - High stress (other responses): 424 people (88.1%)

- Number of countries of origin of participants: 26
 - Most represented countries:
 - Poland: 407
 - Italy: 18
 - Cyprus: 13
 - Austria: 7
 - Spain: 5
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Part II analysis of the survey questions

Question: How would you rate your mental wellbeing in recent weeks (on a scale of 1-10)?

Most frequent responses: Assessment of well-being (scale of 1-10)

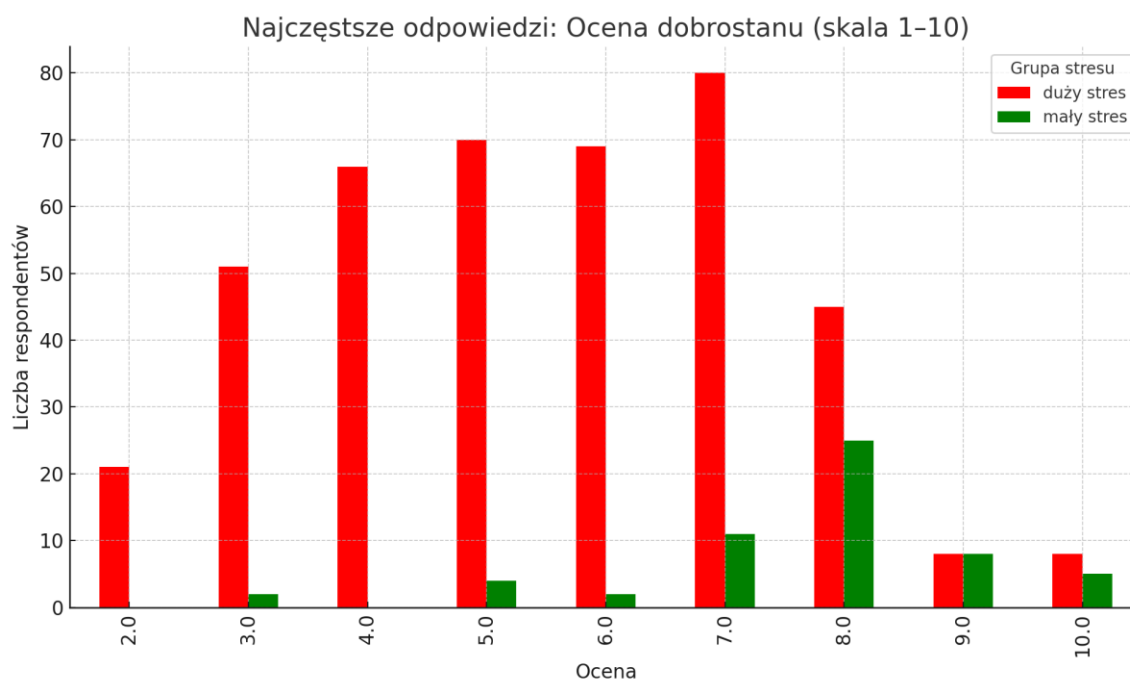


Chart 2 Most frequent answers: Knowledge of stress reduction methods (scale 1-5)

In the low stress group, the most common rating of wellbeing was 8 (dominant).

In the high stress group, the most common rating was 5, with an average wellbeing of 5.45 (vs 7.67 in the low stress group).

Interpretation of results

- People in the **high stress** group are more likely to rate their wellbeing as low (values 3-6 dominate).

- In the **low stress** group, there is a clear shift towards higher wellbeing scores (peak at 7-9).
- The lowest scores (1-3) appear almost exclusively in the high stress group.
- No response below 4 was recorded in the low stress group.

The findings from question 1 show a strong correlation between perceived stress and subjective well-being ratings. People with less stress declare significantly better well-being.

Conclusions:

The differences between the groups are significant - higher stress strongly reduces the subjective sense of well-being.

Question: are you experiencing symptoms of burnout?

Most common answers: Symptoms of burnout

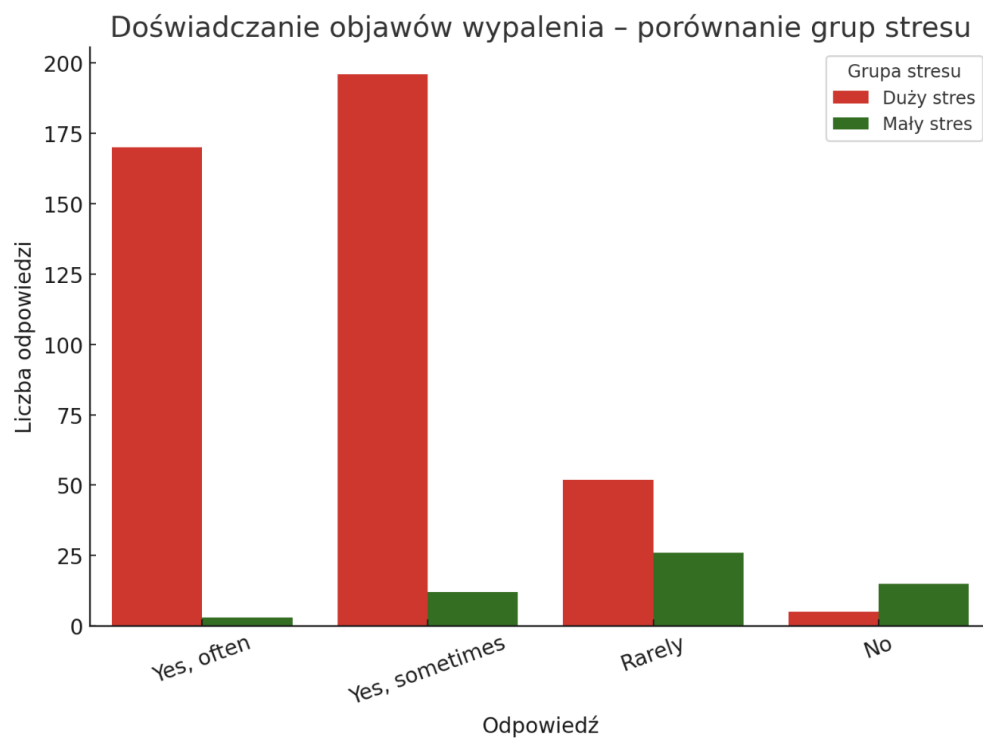


Figure 2: Symptoms of burnout by stress level

Tabela: Objawy Wypalenia Wg Grupy Stresu

	stress_group	No	Rarely	Yes, often	Yes, sometimes
1	duży stres	5	52	170	196
2	mały stres	15	26	3	12

Interpretation:

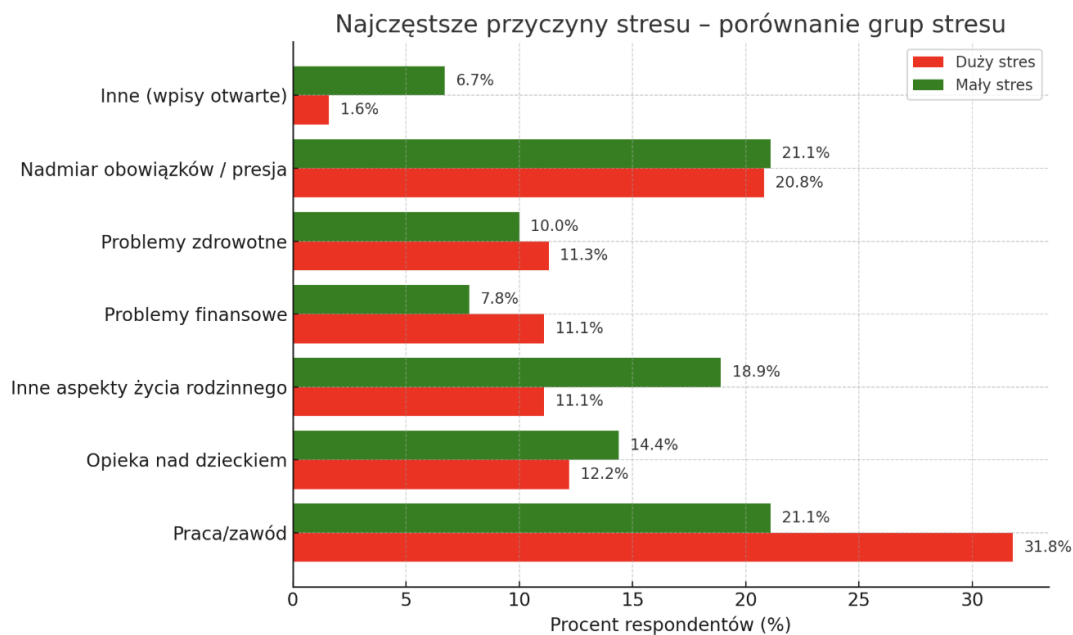
- In a **high-stress** group:

- **"Yes, often"** - 28.1% of respondents
- **"Yes, sometimes"** - 48.1%
- **"Rarely"** - 20.5%
- **"No"** - only 3.3%
- In the **low stress** group:
 - **"Yes, often"** - 1.8%
 - **"Yes, sometimes"** - 26.3%
 - **"Rarely"** - 40.4%
 - **"No"** - 31.6%

Conclusion:

In the high stress group, as many as **76.2%** experience burnout symptoms **often or sometimes**, while in the low stress group, this percentage is only **28.1%**. In the low stress group, more than 70% of participants rarely or never experience burnout.

Question What is the most common cause of your stress?



Category	High stress (%)	Low stress (%)
Work/profession	31,8	21,1
Childcare	12,2	14,4
Other aspects of family life	11,1	18,9
Financial problems	11,1	7,8
Health problems	11,3	10,0
Excessive duties / pressure	20,8	21,1

Other	1,6	6,7
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Interpretation

- The most frequently cited reason in both groups is '**Work/occupation**', with a clear advantage among those with high stress.
- The high stress group was also more frequent:
 - "**Excessive responsibilities/pressure**"
 - "**Financial problems**"
 - "**Health problems**".
 - "**Childcare**"
- In the low stress group, responses are less frequent and more evenly distributed, suggesting less complex sources of stress.

Conclusion

People with high stress are more likely to struggle with multiple, overlapping pressures - work, family and health. This points to the need for a systems approach in the design of support activities.

Question: How familiar are you with stress reduction methods based on the latest findings in psychology and neuroscience? (Scale of 1-5)

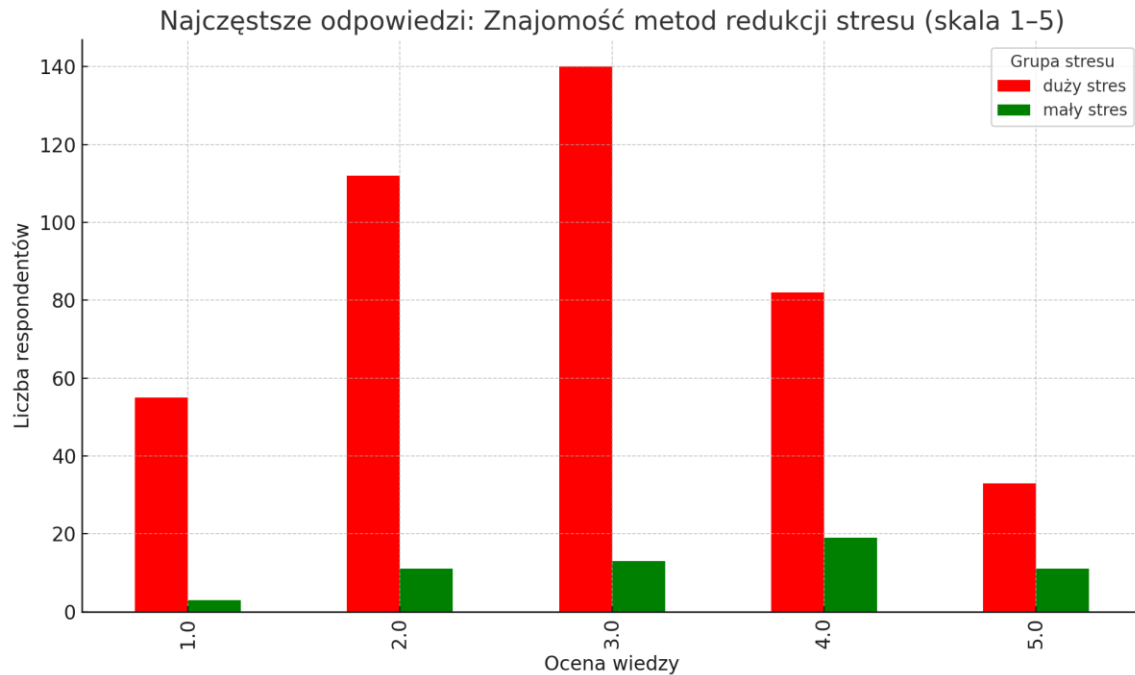


Chart no Most frequent answers: Knowledge of stress reduction methods (scale 1-5)

Above is a comparison of the declared level of knowledge of stress reduction methods in both groups.

Interpretation of results: Knowledge of stress reduction methods

- In the **low stress** group, the most frequent declaration is **level 4/5** - this means a **good knowledge** of stress reduction methods.
- **The high stress** group has the highest number of people indicating a level of **3/5**, and low ratings (1 and 2) are also more common.

- Ratings of 4 and 5 are much **more frequent in the low stress group**, while rating 1 ('not at all') appears almost exclusively in the high stress group.

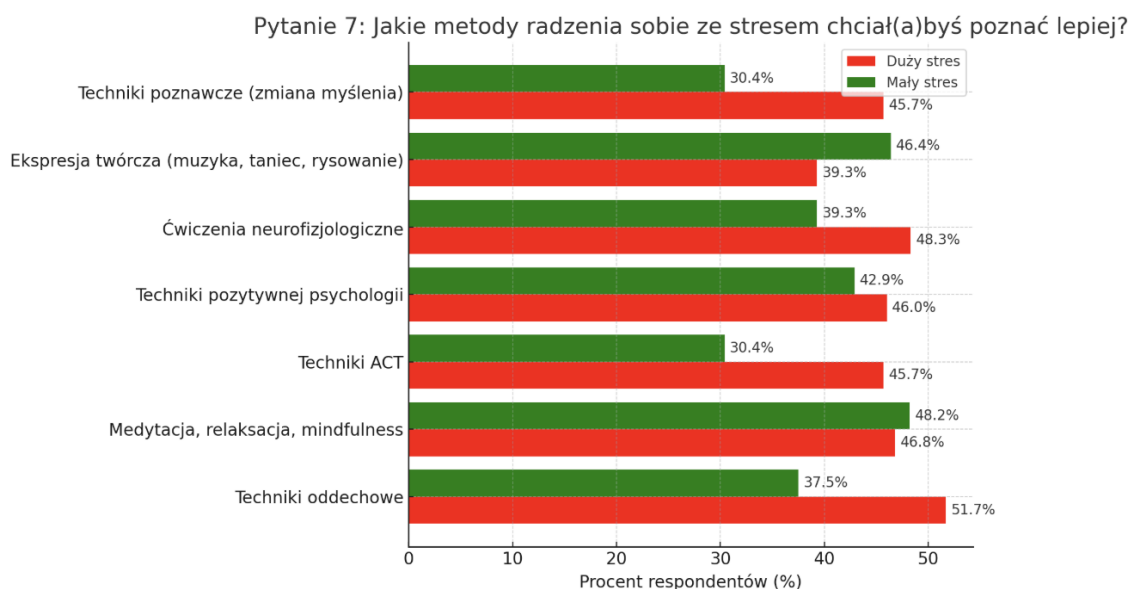
Conclusion:

The greater the declared knowledge of stress reduction methods, the lower the risk of chronic stress. People with low stress levels are more likely to declare a higher awareness and knowledge of effective techniques based on psychology and neuroscience.

Question: Which methods of coping with stress would you like to know better?

Most popular answer:

Method	High stress (%)	Low stress (%)
Breathing techniques	51,7	37,5
Meditation, relaxation, mindfulness	45,3-48,2	48,2
ACT techniques	45,7	30,4
Positive psychology techniques	46,0	42,9
Neurophysiological exercises	48,3	39,3
Creative expression (music, dance, drawing)	39,3	46,4
Cognitive techniques (change of thinking)	45,7	30,4



Interpretation:

- People with high stress: They are much more likely to choose emotion and physiology regulation techniques, e.g. breathing techniques, somatic exercises, ACT, cognitive interventions. Their choices are more oriented towards quick, grounded methods of working with the body and mind.
- People with low stress: Prefer more expressive and developmental methods, e.g. creative expression, dance, art, relaxation. More varied choices - no single dominant technique.

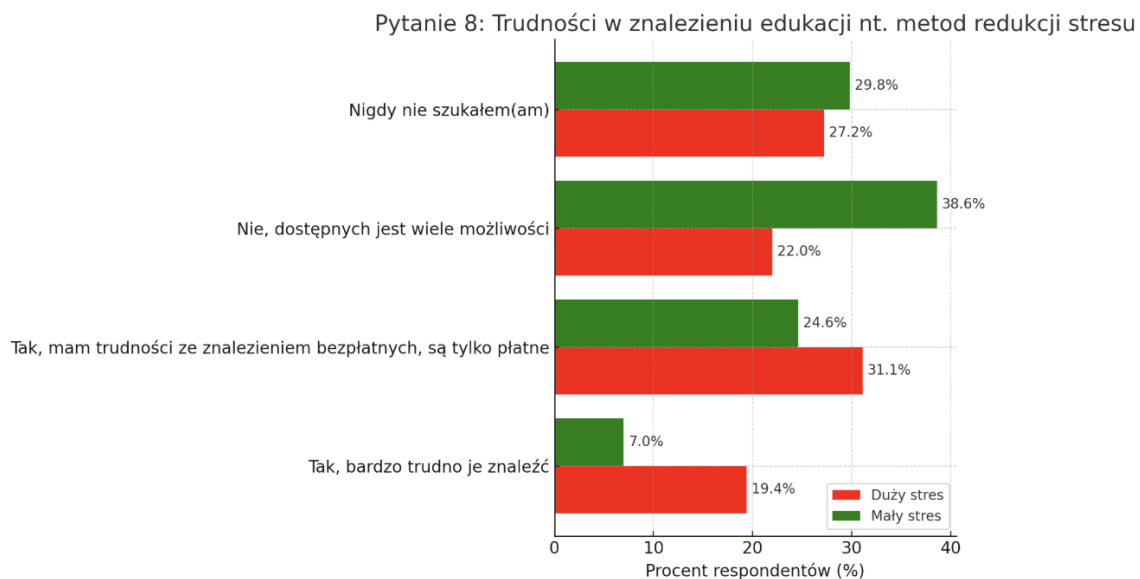
Conclusions:

High stress directs attention towards immediate regulation techniques, while low stress allows for exploration and personal growth.

Diverse needs → recommendation that the programme should offer thematic tracks.

Both low and high stress people are interested in a very wide range of tools, with a particular emphasis on methods based on mindfulness, breath, body work and expression.

Question: Do you have difficulty finding materials?



Answer	High stress (%)	Low stress (%)
Yes, they are very difficult to find	19,4	7,0
Yes, I have difficulty finding free ones, there are only paid ones	31,1	24,6
No, there are many options available	22,0	38,6
I have never searched	27,2	29,8

Interaction

High stress group: Over 50% declared that they have difficulties in accessing such materials - including: a sizable proportion find them "very difficult to find", some point to a financial barrier - mainly paid options are available. **Only a small percentage declare that a range of options are available.**

Low stress group: Neutral or positive responses were more common in this group: a higher proportion of people admit that they have never looked for such courses, and there is also a more frequent response than in the high stress group that there are many options available.

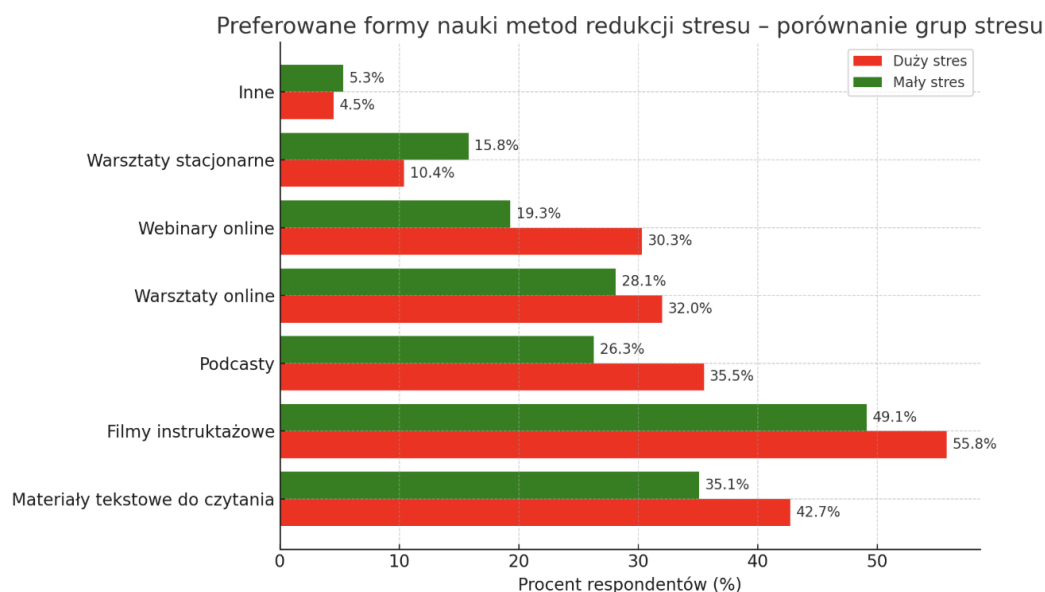
Conclusions:

- People with higher levels of stress **are more likely to seek support**, but **face barriers to accessibility**, including financial barriers.

- Those with less stress **are less likely to look for courses** or have a greater awareness of available sources.
- There is a real need to increase **the availability, visibility and affordability of** educational materials on stress reduction - especially among those most interested in them.

Question: In what form would you like to learn new methods of stress reduction?

Form of learning	High stress (%)	Low stress (%)
Textual reading material	42,7	35,1
Instructional videos	55,8	49,1
Podcasts	35,5	26,3
Online workshops	32,0	28,1
Online webinars	30,3	19,3
Stationary workshops	10,4	15,8
Other	4,5	5,3



Interpretation

The most preferred form in both groups is **instructional videos** (55.8% high stress, 49.1% low stress). Those with high stress are also more likely to choose: **text-based materials** (42.7% vs 35.1%), **podcasts**, **online webinars**. In the low stress group, **stationary workshops** received a higher percentage of indications. Other forms are indicated infrequently in both groups.

Conclusion:

For the high-stress group, **visual and asynchronous** forms (videos, materials, podcasts) are the most accessible and acceptable. The low-stress group is slightly more likely to reach for **face-to-face forms** such as face-to-face workshops.

III. Summary and recommendations

Summary of main findings:

1. High levels of stress and burnout:

- 88.1% of respondents experience chronic stress at least several times a month.
- High stress correlates strongly with lower wellbeing scores and a high incidence of burnout symptoms (fatigue, lack of motivation, cynicism).

2. Main sources of stress:

- The most common causes of stress include work/profession, overload, childcare and health problems.
- Participants with high stress are more likely to indicate multiple concurrent sources of strain, suggesting chronic life and work overload.

3. Low knowledge of stress management techniques:

- In the high-stress group, more people declare a lack or low level of knowledge of modern stress reduction methods.
- In the low stress group, declarations of good knowledge of methods are most common (level 4/5).

4. High readiness to learn:

- Respondents from both groups want to deepen their knowledge, especially in: breathing techniques, neuroscience-based physical exercises, CBT/ACT methods and positive psychology techniques.
- People with low stress are more likely to declare an interest in creative expression (music, dance, drawing).

5. Barriers to access to knowledge:

- More than half of people with high stress experience difficulties in finding personalised, affordable education (including financial barriers).
- Those with low stress were more likely not to seek such materials at all.

6. Educational preferences:

- The most preferred form of learning for both groups are instructional videos and text-based materials.
- People with low stress are more open to stationary forms.

Recommendations:

1. Designing educational materials in formats preferred by the audience:

- Priority for instructional videos, podcasts and textual material.
- Can be supplemented with online workshops and webinars.

2. Focusing content on proven techniques:

- CBT, ACT, positive psychology, breathing techniques, neuro-exercise, creative expression.
- Ability to follow thematic development paths according to level.

3. Making education more accessible and affordable:

- Free, open, multilingual materials.
- Clear information on available resources - also for people who have not sought support before.

4. Segmentation and personalisation of content:

- Differentiation of offers for high and low stress groups.
- Taking into account the multidimensionality of the causes of stress (work, family, health) and adapting educational pathways.

5. Introduction of a simple diagnostic tool:

- A quick test to determine stress levels and tailor an individual educational pathway.