

New Groupon Survey Reveals that 60 Percent of Americans Have an Unhealthy Work-Life Balance

Most people are overworked and stressed, but know how they'd relax if given the chance

CHICAGO--(BUSINESS WIRE)-- In honor of its inaugural Summer Spa Retreat event (<http://www.groupon.com/occasion/spa-retreat>), which runs from July 26-28 and features amazing offers at some of the top spas around the country, Groupon (NASDAQ: GRPN) (<http://www.groupon.com>) surveyed 2,000 Americans on their levels of stress and what they would do to relax if given the chance. The results showed that 60 percent of Americans are trapped in an unhealthy work-life balance and don't have enough time in the day to relax. With all of the pressures and responsibilities of work and home life, a third of Americans said they worked too hard, and nearly 40 percent said they worked too many hours.

This Smart News Release features multimedia. View the full release here:
<http://www.businesswire.com/news/home/20160726006085/en/>



"We knew that many Americans were stressed because many of them come to Groupon every day looking for ways to relax -- however, we were surprised at just how stressed they really are," said Silvija Martincevic, vice president and general manager of health, beauty and wellness, Groupon. "Balancing the demands of a career and family can be tough, which is why it's so important to make sure that you regularly give yourself a break."

The results also showed Americans typically take most, but not all, of their vacation days in a given year. Although the average worker takes eleven days off, the results show it's for reasons other than rest and relaxation. Of those eleven days taken off from work, six days are spent doing things around the home, looking after sick children or pets, running errands, going to appointments or taking care of other chores.

Forty-one percent of the survey respondents say it's been six months or longer since they've felt completely relaxed and stress free. Over a quarter of American workers reported enduring constant pressure from their boss and roughly 1 in 7 also suffered pressure from their co-workers. The survey showed that about 1:30 p.m. is the most stressful time of the day, and the average worker doesn't begin to relax until 4:30 p.m.

"While people are stressed and overworked, the good news is that most people are at least aware of the need to maintain a healthy work-life balance and know exactly what they would do to relax if given the time," Martincevic added. "Whether it's a massage or another popular spa treatment, we want to help people find the time and places to relax."

When it comes to unwinding, getting a massage, manicure or pedicure, going to the beach, hitting the gym as well as playing video games are some of the things respondents would do if they had a full day off. According to survey respondents, the ideal massage lasts about 48 minutes.

Top 3 ways women would relax if they had a full day to spend alone:
Get a spa or beauty treatment
Spend a day at the beach
Go to the gym

Top 3 ways men would relax if they had a full day to spend alone:
Spend a day at the beach
Get a spa or beauty treatment
Play video games

Groupon's Summer Spa Retreat offers customers a number of ways to relax and pamper themselves at top brands and well-known places such as the following:

- | The Courtyard Spa at Sonoma Coast Villa and Spa ([Napa/Sonoma, Calif.](#)) - \$25,500 romantic spa day for two with massages, treats, cooking classes and dinner with rare champagne
- | Spa At The Four Seasons (locations include: [Toronto](#), [Maui, Hawaii](#), [Beverly Hills, Calif.](#) and [St. Louis](#))

A new Groupon survey of 2,000 Americans showed that 60 percent are trapped in an unhealthy

work-life balance and don't have enough time in the day to relax (Graphic: Business Wire)

- | Bliss Spa at the W (locations include: [Atlanta](#), [Chicago](#) and [Dallas](#))
- | Chuan Spa at The Langham ([Los Angeles](#))
- | Salon Mila and The Centre for Well-Being Spa at the Phoenician (Phoenix - [salon](#) and [spa](#))
- | Sanctuary Spa at Camelback Resort ([Phoenix](#))
- | Spa Del Rey - The Ritz Carlton ([Marina Del Rey, Calif.](#))

To kick off the event, all users will receive 20% off beauty and spa deals on Tuesday, July 26 by using the promo code SPA20.* Throughout the three days, Groupon is giving everyone the opportunity to win \$1,000 in Groupon Bucks by entering the Summer Spa Retreat Sweepstakes by visiting <https://www.groupon.com/pages/summer-spa-retreat-sweepstakes>. Anyone who purchases a beauty and spa deal during the event will be automatically entered.

"Groupon" is a registered trademark of Groupon, Inc. All other names used may be trademarks owned by their respective holders.

**Valid only on Beauty and Spa deals. 1 unit per transaction; max 3 uses per customer. Up to \$50 discount per deal. Ends 7/26/2016. Exclusions apply. Please visit gr.pn/promofaq for full details.*

****NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING.** To enter without making a purchase, visit [terms and conditions](#) and provide the information requested. Limit 1 entry per person per day regardless of method of entry. Odds of winning depend on the total number of entries received. Void where prohibited by law. Sweepstakes only open to legal residents of Canada (excluding Quebec) and of the United States (excluding Puerto Rico and the US Virgin Islands), 18+. Entry period ends: 11:59 p.m. ET on 7/28/16. ARV of prize: \$1000 USD. Subject to full [Official Rules](#). Sponsor: Groupon, Inc., 600 West Chicago Avenue, Ste. 400, Chicago, IL 60654

About Groupon

Groupon (NASDAQ: GRPN) is building the daily habit in local commerce, offering a vast mobile and online marketplace where people discover and save on amazing things to do, see, eat and buy. By enabling real-time commerce across local businesses, travel destinations, consumer products and live events, shoppers can find the best a city has to offer.

Groupon is redefining how small businesses attract and retain customers by providing them with customizable and scalable marketing tools and services to profitably grow their businesses.

To download Groupon's top-rated mobile apps, visit www.groupon.com/mobile. To search for great deals or subscribe to Groupon emails, visit www.groupon.com. To learn more about the company's merchant solutions and how to work with Groupon, visit www.groupon.com/merchant.

View source version on [businesswire.com](http://www.businesswire.com): <http://www.businesswire.com/news/home/20160726006085/en/>

Groupon
Nick Halliwell
nhalliwell@groupon.com
312.999.3812

Source: Groupon

News Provided by Acquire Media