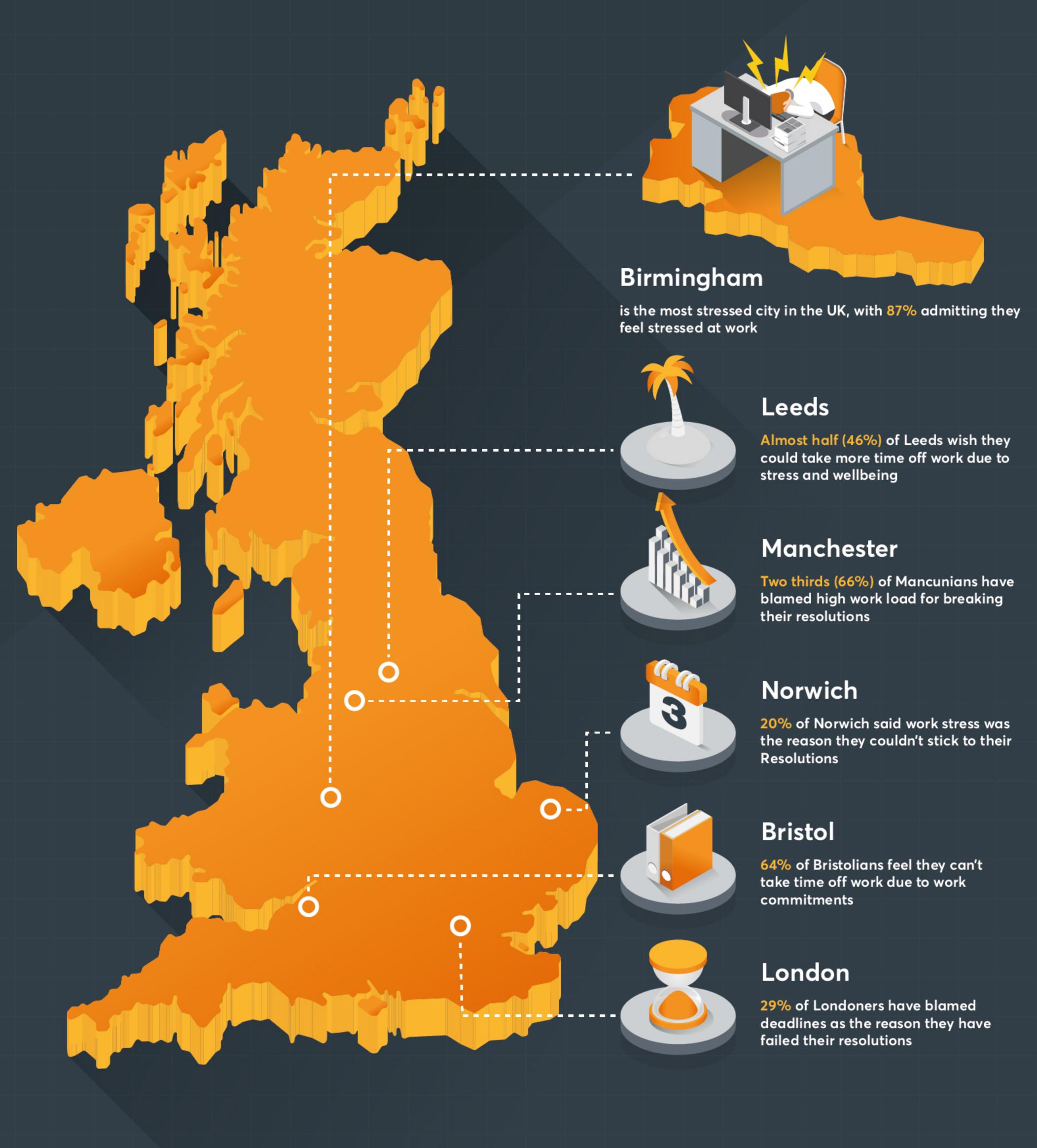
How stressed is the UK?

The majority of the UK still makes New Year's Resolutions, whether that is to lose weight or quit smoking. But how good are we are keeping them? We surveyed the UK to discover the reasons why we end up breaking our resolutions, and how much work stress plays a part.



Belfast

are the worst at sticking to their resolutions, with 70% failing to keep them up



Southampton

are the best at sticking to their Resolutions, with 44% lasting up to 3 months



Nottingham

33% of Nottingham wanted to be a better person as their New Year's Resolution



Glasgow

Almost a third of people in Glasgow failed at their resolutions due to work stress

