



Taking all things together, when you reflect on where you are at the end this year, what are the top five emotions that you feel right now?

	Region																	Gender		Age			Income			Education		
	Total	BC	AB	MB/SK	ON	PQ	ATL	Male	Female	18-34	35-54	55+	<\$50K	\$50K-\$99K	\$100K+	HS or less	College/ Tech school	Univ+										
	A	B	C	D	G	H	I	J	K	L	M	N	O	P	Q	R	S	T										
BASE: All Respondents	1509	185	161	103	559	378	123	720	789	259	505	745	473	480	349	520	477	512										
BASE: WEIGHTED	1509	197	169	100	569	363	110	738	771	432	522	559	496	492	320	619	469	421										
Frustrated	740	99	102	51	300	132	54	362	378	215	272	253	215	244	176	298	233	209										
	49%	50%	60%	51%	53%	36%	50%	49%	49%	50%	52%	46%	43%	50%	55%	48%	50%	50%										
		H	H	H	H		H				N				O													
Anxious	622	74	71	38	248	140	52	266	356	212	219	191	202	198	130	237	186	199										
	41%	37%	42%	38%	43%	39%	48%	36%	46%	49%	42%	34%	41%	40%	41%	38%	40%	47%										
								J		N	N							R										
Fortunate	593	102	75	51	236	83	48	283	310	147	179	267	161	194	145	260	174	159										
	39%	51%	44%	51%	41%	23%	43%	38%	40%	34%	34%	48%	33%	40%	45%	42%	37%	38%										
		GH	H	H	H		H																					
Hopeful	534	73	68	39	236	74	45	263	272	134	162	238	161	187	113	219	168	147										
	35%	37%	40%	39%	41%	20%	41%	36%	35%	31%	31%	43%	32%	38%	35%	35%	36%	35%										
		H	H	FH	H		H								LM													
Grateful	534	72	67	49	221	73	52	230	304	149	169	216	136	199	120	237	154	143										
	35%	36%	40%	49%	39%	20%	47%	31%	39%	35%	32%	39%	27%	41%	37%	38%	33%	34%										
		H	H	H	H		H					M		O	O													
Optimistic	470	54	49	31	176	121	39	264	206	137	143	190	145	171	97	187	158	126										
	31%	27%	29%	31%	31%	33%	35%	36%	27%	32%	27%	34%	29%	35%	30%	30%	34%	30%										
								K																				
Isolated	455	57	53	25	179	116	25	231	225	139	153	163	168	142	90	188	134	133										
	30%	29%	31%	25%	31%	32%	23%	31%	29%	32%	29%	29%	34%	29%	28%	30%	29%	32%										
Calm	410	56	32	26	140	128	27	244	166	106	137	166	141	138	86	162	148	100										
	27%	28%	19%	26%	25%	35%	25%	33%	22%	25%	26%	30%	28%	28%	27%	26%	32%	24%										
					CG			K										T										
Bored	361	46	35	17	141	110	12	179	182	122	118	121	128	105	80	133	115	114										
	24%	24%	21%	17%	25%	30%	11%	24%	24%	28%	23%	22%	26%	21%	25%	21%	24%	27%										
		I	I		I	DEI																						
Nervous	349	46	39	21	151	64	28	161	188	103	135	111	104	119	83	128	106	115										
	23%	23%	23%	21%	27%	18%	25%	22%	24%	24%	26%	20%	21%	24%	26%	21%	23%	27%										
					H						N							R										
Helpless	348	36	38	16	97	142	19	163	186	84	131	134	144	93	60	143	97	109										
	23%	18%	23%	16%	17%	39%	18%	22%	24%	19%	25%	24%	29%	19%	19%	23%	21%	26%										
						BCDEFGI							PQ															
Sad	344	60	33	19	120	84	27	142	202	90	126	128	128	104	55	154	107	84										
	23%	31%	20%	19%	21%	23%	24%	19%	26%	21%	24%	23%	26%	21%	17%	25%	23%	20%										
		CEG							J				Q															
Edgy	328	36	46	18	135	67	26	181	147	95	129	104	97	98	93	134	105	89										
	22%	18%	27%	18%	24%	19%	24%	25%	19%	22%	25%	19%	20%	20%	29%	22%	22%	21%										
			E					K			N				OP													
Happy	310	44	35	32	88	90	20	166	144	93	119	98	101	111	62	140	99	71										
	21%	22%	21%	32%	16%	25%	18%	22%	19%	22%	23%	18%	20%	23%	19%	23%	21%	17%										
				GJ		G																						
Upset	304	41	25	15	86	123	14	161	143	96	113	95	99	103	69	117	100	87										
	20%	21%	15%	15%	15%	34%	13%	22%	19%	22%	22%	17%	20%	21%	22%	19%	21%	21%										
						BCDEFGI																						
Safe	303	38	27	22	109	88	18	161	142	64	99	140	114	100	56	136	93	74										
	20%	19%	16%	22%	19%	24%	16%	22%	18%	15%	19%	25%	23%	20%	17%	22%	20%	18%										
												LM																
Hopeless	229	24	33	12	87	59	14	110	119	81	100	47	88	74	42	95	68	66										
	15%	12%	19%	12%	15%	16%	12%	15%	15%	19%	19%	9%	18%	15%	13%	15%	15%	16%										
										N	N																	
Afraid	188	15	9	6	44	99	15	77	111	62	60	67	95	46	24	76	65	47										
	12%	7%	6%	6%	8%	27%	14%	10%	14%	14%	11%	12%	19%	9%	8%	12%	14%	11%										
				E		BCDEFGI	CE	J					PQ															
Scared	123	13	8	11	51	24	15	48	76	30	49	44	55	34	17	53	35	35										
	8%	7%	4%	11%	9%	7%	14%	7%	10%	7%	9%	8%	11%	7%	5%	9%	7%	8%										
				E		CH							Q															

Proportions/Means: Columns Tested (5% risk level) - BC/D/E/F/G/H/I - JK - LMN - O/P/Q - R/S/T - UV
 Overlap formulae used. * small base
 Comparison Groups
 Independent T-Test for Means (equal variances), Independent Z-Test for Percentages (unpooled proportions)
 Uppercase letters indicate significance at the 95% level.
 Omni December 20th 2021
 Maru/Blue
 December 21st 2021
 21 Dec 2021

Please indicate if you agree or disagree with the following statements: SUMMARY TABLE OF TOP 2 BOX

	Region							Gender		Age			Income			Education		
	Total	BC	AB	MB/SK	ON	PQ	ATL	Male	Female	18-34	35-54	55+	<\$50K	\$50K-\$99K	\$100K+	HS or less	College/ Tech school	Univ+
	A	B	C	D	G	H	I	J	K	L	M	N	O	P	Q	R	S	T
BASE: All Respondents	1509	185	161	103	559	378	123	720	789	259	505	745	473	480	349	520	477	512
BASE: WEIGHTED	1509	197	169	100	569	363	110	738	771	432	522	555	496	492	320	619	469	421
I am worried about the state of my mental health as we begin the year 2022	658	81	86	38	261	143	49	285	374	237	251	170	245	186	138	249	197	213
	44%	41%	51%	38%	46%	39%	44%	39%	48%	55%	48%	31%	49%	38%	43%	40%	42%	51%
			H						J	N	N		P					RS

Proportions/Means: Columns Tested (5% risk level) - B/C/D/E/F/G/H/I - J/K - LMN - O/P/Q - R/S/T - U/V

Overlap formulae used. * small base

Comparison Groups

Independent T-Test for Means (equal variances), Independent Z-Test for Percentages (unpooled proportions)

Uppercase letters indicate significance at the 95% level.

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Please indicate if you agree or disagree with the following statements: SUMMARY TABLE OF BOTTOM 2 BOX

	Region							Gender		Age			Income			Education		
	Total	BC	AB	MB/SK	ON	PQ	ATL	Male	Female	18-34	35-54	55+	<\$50K	\$50K-\$99K	\$100K+	HS or less	College/ Tech school	Univ+
	A	B	C	D	G	H	I	J	K	L	M	N	O	P	Q	R	S	T
BASE: All Respondents	1509	185	161	103	559	378	123	720	789	259	505	745	473	480	349	520	477	512
BASE: WEIGHTED	1509	197	169	100	569	363	110	738	771	432	522	555	496	492	320	619	469	421
I am worried about the state of my mental health as we begin the year 2022	851	116	84	62	308	220	61	453	398	195	271	385	251	306	182	371	272	208
	56%	59%	49%	62%	54%	61%	56%	61%	52%	45%	52%	69%	51%	62%	57%	60%	58%	49%
						C			K					O		T		T

Proportions/Means: Columns Tested (5% risk level) - B/C/D/E/F/G/H/I - J/K - LMN - O/P/Q - R/S/T - U/V

Overlap formulae used. * small base

Comparison Groups

Independent T-Test for Means (equal variances), Independent Z-Test for Percentages (unpooled proportions)

Uppercase letters indicate significance at the 95% level.

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Please indicate if you agree or disagree with the following statements: I am worried about the state of my mental health as we begin the year 2022

	Region							Gender		Age			Income			Education		
	Total	BC	AB	MB/SK	ON	PQ	ATL	Male	Female	18-34	35-54	55+	<\$50K	\$50K-\$99K	\$100K+	HS or less	College/ Tech school	Univ+
	A	B	C	D	G	H	I	J	K	L	M	N	O	P	Q	R	S	T
BASE: All Respondents	1509	185	161	103	559	378	123	720	789	259	505	745	473	480	349	520	477	512
BASE: WEIGHTED	1509	197	160	100	569	363	110	738	771	432	522	555	496	492	320	619	469	421
TOP 2 BOX (NET)	658	81	86	38	261	143	49	285	374	237	251	170	245	186	138	249	197	213
	44%	41%	51%	38%	46%	39%	44%	39%	48%	55%	48%	31%	49%	38%	43%	40%	42%	51%
			H					J	N	N		P						RS
(4) Agree very much	223	28	32	6	88	47	21	100	123	102	89	32	87	70	38	78	69	76
	15%	14%	19%	6%	15%	13%	19%	14%	16%	24%	17%	6%	18%	14%	12%	13%	15%	18%
		E	DE		DE			N	N									R
(3) Agree somewhat	436	53	53	32	173	96	28	185	251	135	163	138	158	116	100	171	127	137
	29%	27%	32%	32%	30%	26%	25%	25%	33%	31%	31%	25%	32%	23%	31%	28%	27%	33%
								J	N		N	P			P			
(2) Disagree somewhat	489	72	52	36	182	111	37	239	250	118	163	208	138	162	108	206	146	138
	32%	36%	31%	36%	32%	31%	33%	32%	32%	27%	31%	38%	28%	33%	34%	33%	31%	33%
												LM						
(1) Disagree very much	362	45	32	26	126	110	24	214	148	77	108	177	113	144	74	165	127	70
	24%	23%	19%	26%	22%	30%	22%	29%	19%	18%	21%	32%	23%	29%	23%	27%	27%	17%
						CG		K				LM				T	T	
BOTTOM 2 BOX (NET)	851	116	84	62	308	220	61	453	398	195	271	385	251	306	182	371	272	208
	56%	59%	49%	62%	54%	61%	56%	61%	52%	45%	52%	69%	51%	62%	57%	60%	58%	49%
						C		K				LM		O		T	T	
MEAN	2.30	2.30	2.50	2.20	2.40	2.20	2.40	2.20	2.50	2.60	2.40	2.00	2.40	2.20	2.30	2.30	2.30	2.50
			DEH		H				J	N	N		P					RS
STD. DEV.	1.0	1.0	1.0	0.9	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.9	1.0	1.0	1.0	1.0	1.0	1.0
STD. ERR.	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0

Proportions/Mean: Columns Tested (5% risk level) - B/C/D/E/F/G/H/I - J/K - LMN - O/P/Q - R/S/T - UV

Overlap formulae used. * small base

Comparison Groups

Independent T-Test for Means (equal variances), Independent Z-Test for Percentages (unpooled proportions)

Uppercase letters indicate significance at the 95% level.

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