

AND RELAX... LEGO® BUILDING CAN HELP US ALL CHILL OUT

The LEGO® Play Well report surveyed over 33,000 adults worldwide to understand their challenges, needs and aspirations and shed new light on the value of play in their everyday lives.



THE PANDEMIC HAS MADE IT EVEN TRICKIER...

41% of adults are more stressed now than pre-pandemic

61% say it's got harder to achieve a good work-life balance



MODERN LIFE CAN BE BUSY AND STRESSFUL...

93% of adults have felt stressed in the last year

34% feel stressed every week



AND MAKING TIME TO CHILL OUT IS TOUGH...

58% of adults spend less than an hour a day relaxing

55% find it difficult to switch off from work and family pressures

39% even admit they don't know how to relax



THAT'S WHERE PLAY CAN HELP...

87% of adults say play helps them feel calm

83% agree a shared activity with family is relaxing

86% believe play helps them unwind from work



EVEN THOUGH WE KNOW IT'S IMPORTANT...

80% of adults research ways to relax

70% wish they had more hobbies

53% say learning new creative skills has become more important to them



SO, MAKE TIME TO RELAX WITH SOME BUILDING!

Check out our range of LEGO® sets designed to help adults relax, unwind and find their flow
www.LEGO.com/adults-welcome

