Pressure Points: Dating & Anxiety

2/3 of singles say that dating gives them anxiety



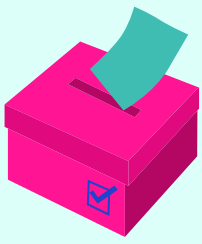
Dating is a bigger source of anxiety than:



32%
Doing taxes



28%
Work



27%
Elections

Nearly 1/4 of singles have avoided dating altogether due to anxiety



Singles are anxious...
pretty much 24/7, 365 days/year

59%
every day of the week

50%
year-round

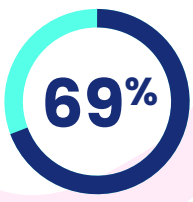
37%
at all times of day





Pre-date jitters: 21% of singles feel anxious if they don't hear from their date the day-of

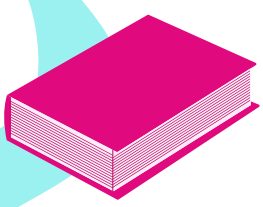
On dates, singles are the most anxious about how their date will perceive them



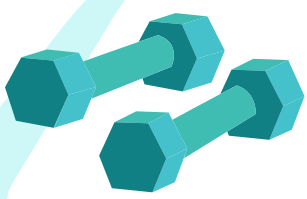
Alleviating anxiety through:



81%
Music



66%
Reading

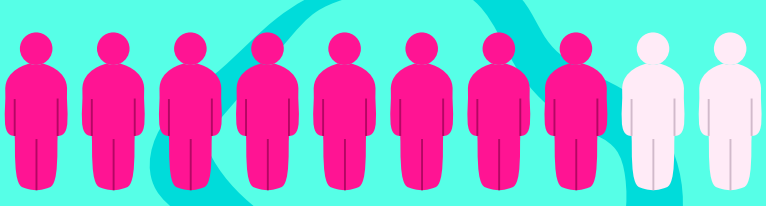


64%
Exercise



55%
Limiting alcohol consumption

8 in 10 singles say it's totally normal to suffer from anxiety and it should be discussed more in society



PlentyofFish

2,000 U.S.-based singles, ages 18-65+, were polled online in March 2020