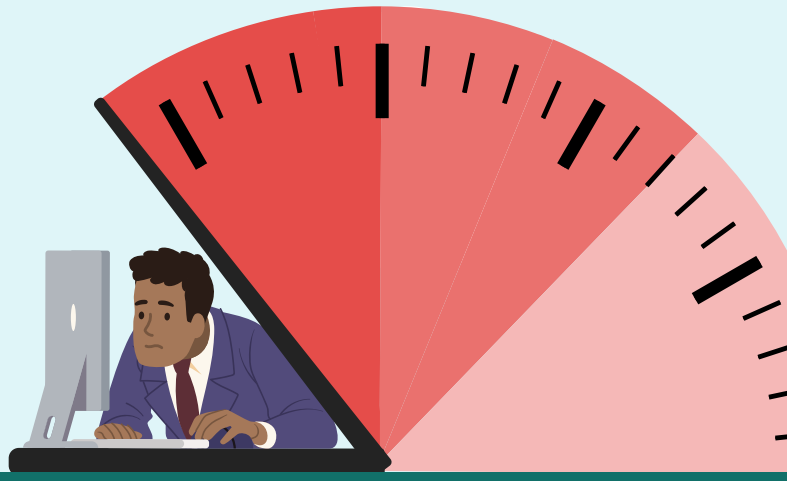


PRESSED FOR TIME

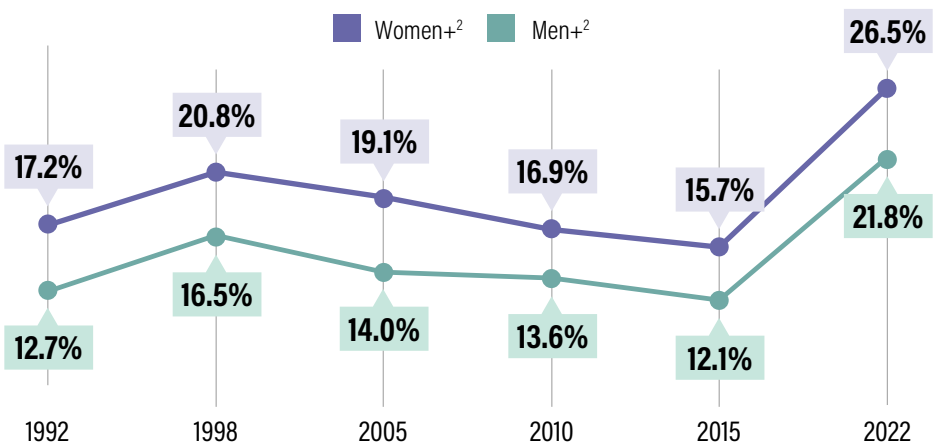


In 2022, the proportion of Canadians who felt pressed for time reached its highest level in 30 years.

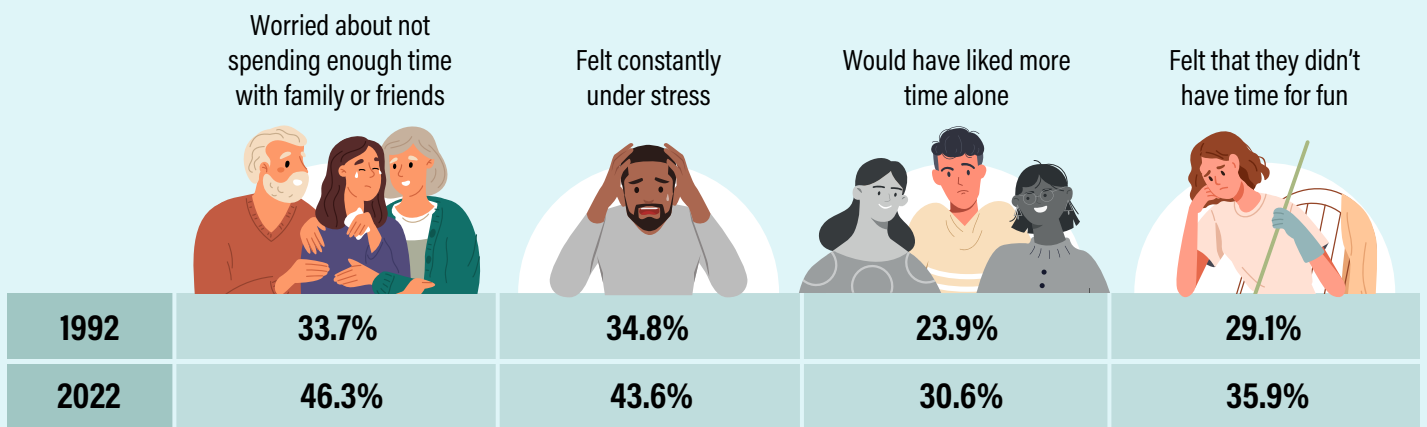
Women consistently felt more pressed for time than men over the period from 1992 to 2022.



Percentage who reported feeling a high level of time pressure¹



In 2022, Canadians were more likely to **worry about not spending enough time with family or friends** than in 1992. They were also more likely to want more time alone.



In 2022, women were more likely than men to want more time alone, while men were more likely than women to consider themselves workaholics.



1. Survey respondents were considered to feel a high level of time pressure if they answered "yes" to 7 or more out of 10 statements on perceptions of time.
 2. In the survey years 1992 to 2015, the survey collected information on a person's sex. However, in 2022, information was collected on sex at birth and gender (including a category for non-binary persons). Therefore, in this infographic, the category "women+" includes women as well as some non-binary persons from 2022 and females from the previous survey years, while the category "men+" includes men as well as some non-binary persons from 2022 and males from the previous survey years.

Note: Collection for the 2022 Time Use Survey took place from July 2022 to July 2023.

Source: Statistics Canada, General Social Survey – Time Use, 1992, 1998, 2005, 2010 and 2015, and Time Use Survey, 2022.