

# Majority of workers

**yearn for more relaxation time employ local business specialist**

Over three fifths of workers would consider swapping their long hours for a more relaxing lifestyle, research has shown.

According to a study by Prudential, 61 per cent would give serious consideration to moving to a less expensive area and taking a lower-paid job so that they could increase their leisure time.

“The country cottage and move abroad are two things people normally associate with retirement,” said Gary Shaughnessy, director of Health & Wealth at the Pru.

“However, as our findings show, this is increasingly becoming an aspiration for the younger generations too,” he continued.

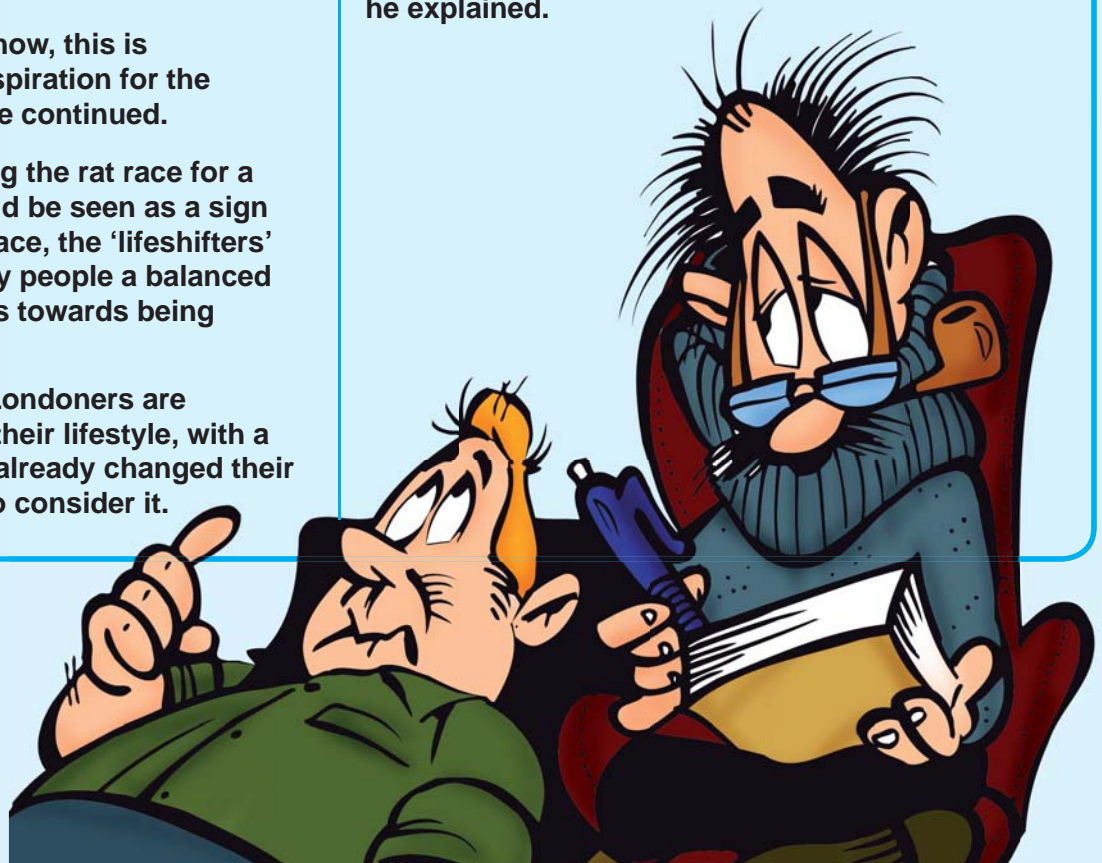
“Whereas in the past ditching the rat race for a less stressful existence could be seen as a sign that you couldn’t hack the pace, the ‘lifestifters’ are showing us that for many people a balanced lifestyle is what really counts towards being fulfilled.”

The research revealed that Londoners are particularly keen to change their lifestyle, with a massive 71 per cent having already changed their lifestyle or being prepared to consider it.

Those living in the south-east of the country are the second most likely to want to relocate, either into the countryside or to a warmer climate.

Mr Shaughnessy warned that any large lifestyle change needed to be carefully thought out, insisting that a large part of being stress-free came down to being well-prepared.

“Even if the new existence you crave is not centred around work and money, you still have to think about how much cash you will need and what assets you will use to make it possible,” he explained.



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