

# JUST. NEWS RELEASE

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## The sandwich generation's mid-life crisis: mid-lifers report lowest levels of life satisfaction and high anxiety

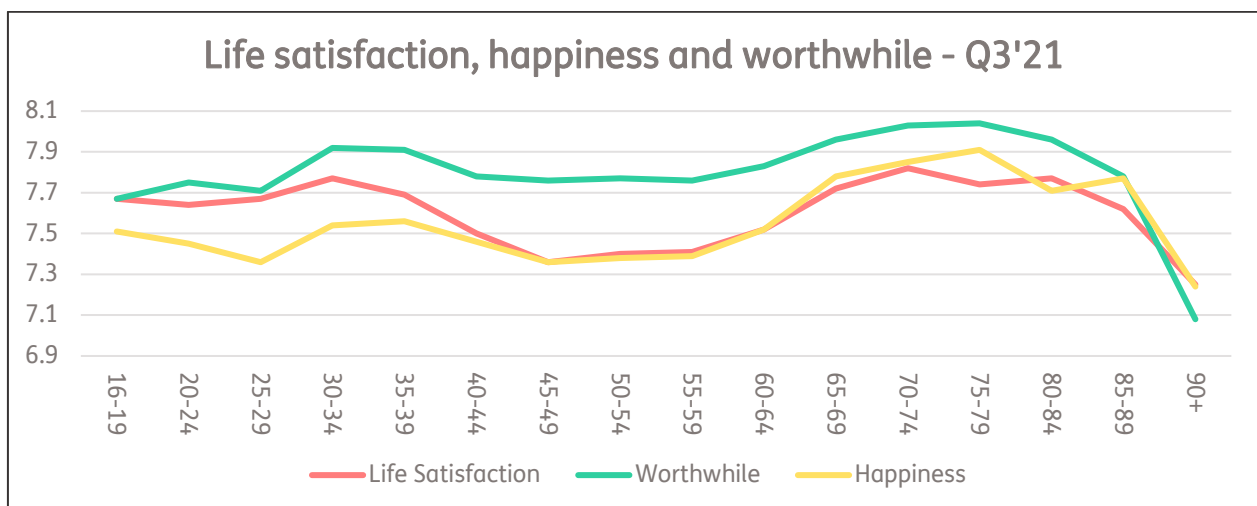
- 45-64 year olds report lowest levels of life satisfaction of any age group except +90s
- 45-49 year olds suffer from the highest anxiety levels of any age group aged +20
- Financial wellness in the workplace key to helping people balance emotional impact of financial pressures and to prepare for retirement

ONS figures on personal wellbeing reveal that people in mid-life and approaching retirement report amongst the lowest levels of life satisfaction and highest anxiety, according to analysis from **retirement specialist Just Group**.

The only group to report lower life satisfaction than 45-64 year olds were those aged 90 plus. There is also a noticeable dip in the levels of happiness reported among those aged 45-64 coupled with a drop in the number in this age group who say life feels worthwhile.

The 45-49 year old age group reported high levels of anxiety – only the under 20s suffered greater anxiety, with the wider 45-64 age band also noticeably higher compared to people entering retirement.

Financial and mental wellbeing are closely interlinked so the dip in happiness and life satisfaction among this age group suggests financial concerns could be impacting their wellness.



While the figures do not give reasons behind the self-reported wellbeing scores, it is the 45-64 age group who are most likely to have dependent families both below and above them, with children going through school and university while their ageing parents may be starting to require more informal or formal care.

Many in this age group will still be paying off mortgages and starting to think about their life after work and what sort of standard of living their pension and savings will provide in retirement. They may want to contribute more to their pension fund but find other calls on their finances prevent them from doing so. This can create anxiety about their own futures in addition to having to support parents and children, perhaps both financially and emotionally.

“People in the 45-64 age group often act as the glue that holds families together financially and emotionally,” said **Stephen Lowe, group communications director at retirement specialist Just Group.**

“The toll this can take on them can be overlooked but this research starts to paint a picture of how thinly stretched this group can feel. And with the added tension of inflation, interest rate rises and economic uncertainty they will almost certainly be feeling the strain even more over the coming months.

“More recently we’ve seen many employers take positive steps to support workers’ emotional wellbeing but the impact of financial pressures is all too often forgotten.

“There’s clearly a role for employers to play in helping colleagues with financial wellbeing – after all it can have a direct effect on mental health – and the 45-64 age group are at a crucial point in their financial lives as they start thinking about approaching retirement.”

## Enquiries

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### Notes to Editors:

#### About the research

**1: ONS**, Non-seasonally adjusted quarterly estimates of personal well-being from the Annual Population Survey (APS): UK, Quarter 2 (Apr to June) 2011 to Quarter 3 (Jul to Sep) 2021:

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/quarterlypersonalwellbeingestimatesnonseasonallyadjusted>

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