

The happiest, most meaningful and most stressful activities			
Rated on a scale from 0 (low) to 6 (high)			
ACTIVITY	HAPPINESS ▼	MEANING	STRESS
Religious and spiritual activities	<div><div>5.1</div></div>	<div><div>5.6</div></div>	<div><div>0.7</div></div>
Sports, exercise and recreation	<div><div>5.0</div></div>	<div><div>5.0</div></div>	<div><div>0.8</div></div>
Caring for and helping non-household members	<div><div>4.9</div></div>	<div><div>5.3</div></div>	<div><div>1.3</div></div>
Caring for and helping household members	<div><div>4.9</div></div>	<div><div>5.3</div></div>	<div><div>1.4</div></div>
Volunteer activities	<div><div>4.9</div></div>	<div><div>5.4</div></div>	<div><div>1.3</div></div>
Eating and drinking	<div><div>4.7</div></div>	<div><div>4.5</div></div>	<div><div>1.0</div></div>
Telephone calls	<div><div>4.5</div></div>	<div><div>4.7</div></div>	<div><div>1.7</div></div>
Consumer purchases	<div><div>4.4</div></div>	<div><div>4.2</div></div>	<div><div>1.4</div></div>
Socializing, relaxing and leisure	<div><div>4.4</div></div>	<div><div>3.9</div></div>	<div><div>1.0</div></div>
Traveling	<div><div>4.3</div></div>	<div><div>4.0</div></div>	<div><div>1.4</div></div>
Household activities	<div><div>4.2</div></div>	<div><div>4.5</div></div>	<div><div>1.3</div></div>
Work and work-related activities	<div><div>3.9</div></div>	<div><div>4.4</div></div>	<div><div>2.4</div></div>
Professional and personal care services	<div><div>3.8</div></div>	<div><div>4.6</div></div>	<div><div>2.2</div></div>
Education	<div><div>3.6</div></div>	<div><div>4.2</div></div>	<div><div>2.6</div></div>
Household services	<div><div>3.6</div></div>	<div><div>4.0</div></div>	<div><div>2.0</div></div>
Personal care	<div><div>2.8</div></div>	<div><div>3.3</div></div>	<div><div>2.8</div></div>
Note: Data is weighted for duration and comes from 2010, 2012, 2013 and 2021			
Source: Bureau of Labor Statistics via IPUMS		DEPARTMENT OF DATA / THE WASHINGTON POST	