



Greeks facing Fear Stress, Anxiety, and Resilience



KYKLOS
365

Ideas.
People.
Action.



Contents...



Fears, Pressure & Trust



Resilience, Meaning & Organizations



Fear-Based Personas



Research Specifications about Kyklos365

Structured online interviews

Investigation:

What frightens and stresses Greeks—
and how they cope

Nationwide representative sample of adults
aged 18+

N = 1,006 respondents.

Conducted via the YouGov panel

Fieldwork: June 22–24, 2026

Focus Bari: YouGov Affiliate Partner

The Big Picture

Greeks are holding up—but they're not invulnerable



60%

are
very worried about the future



68%

feel they have the strength
to persevere through difficulties



24%

feel they have the strength to
overcome difficulties

The paradox:

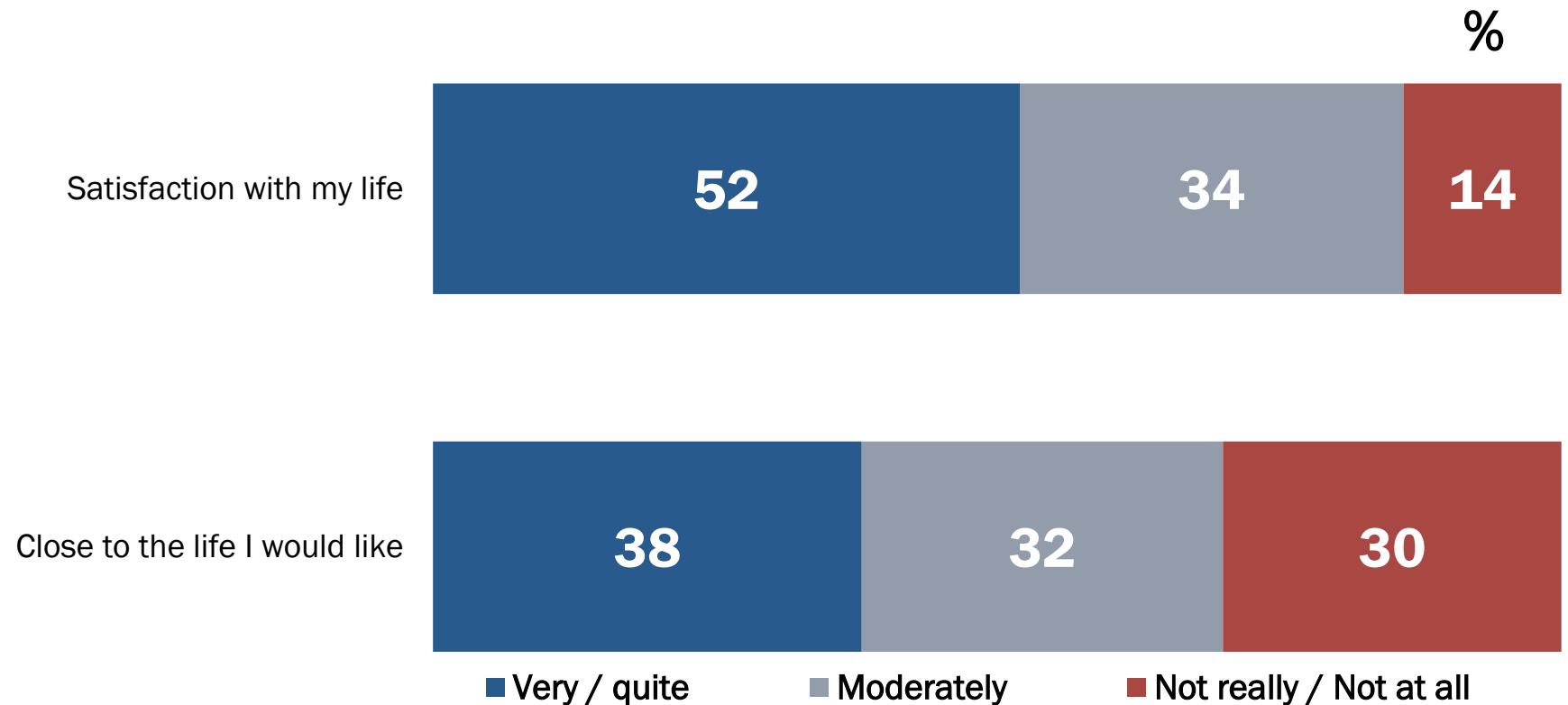
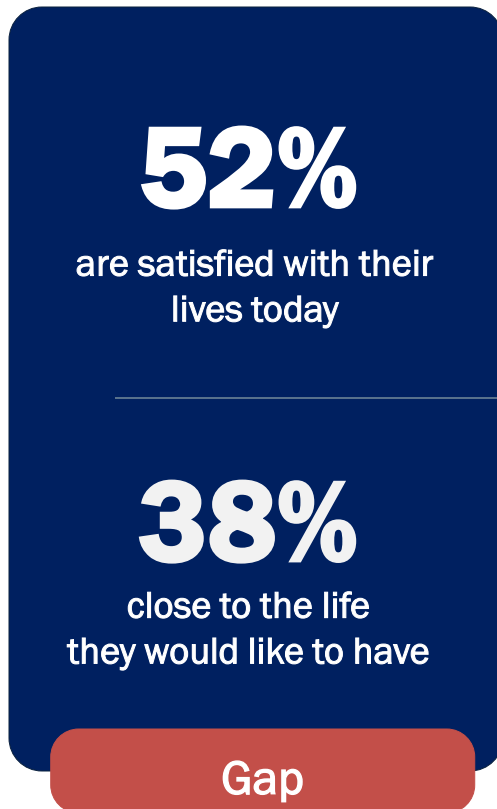
Despite uncertainty about the future, most feel they can cope with difficulties.
However, only one in four feels that their company's culture strengthens their resilience.

01. Today: Fears, Pressure & Trust



Satisfaction & Fulfillment

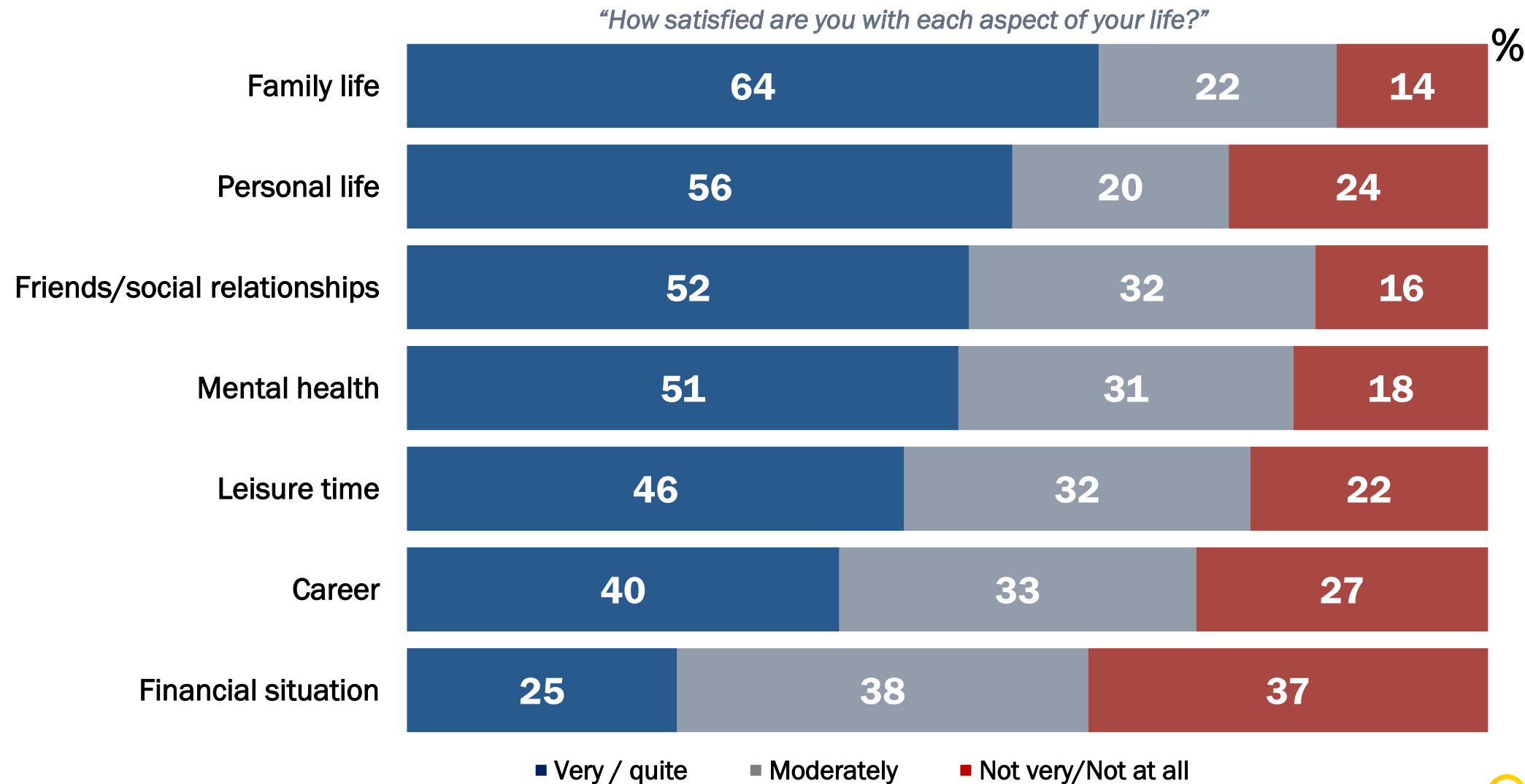
Satisfied with life—but still some way from the life they'd like



Overall satisfaction does not automatically translate into a sense of personal fulfillment.

Key Dimensions of Life

Family provides support, while financial situation remains the weakest link



Base: Total, n=1,006

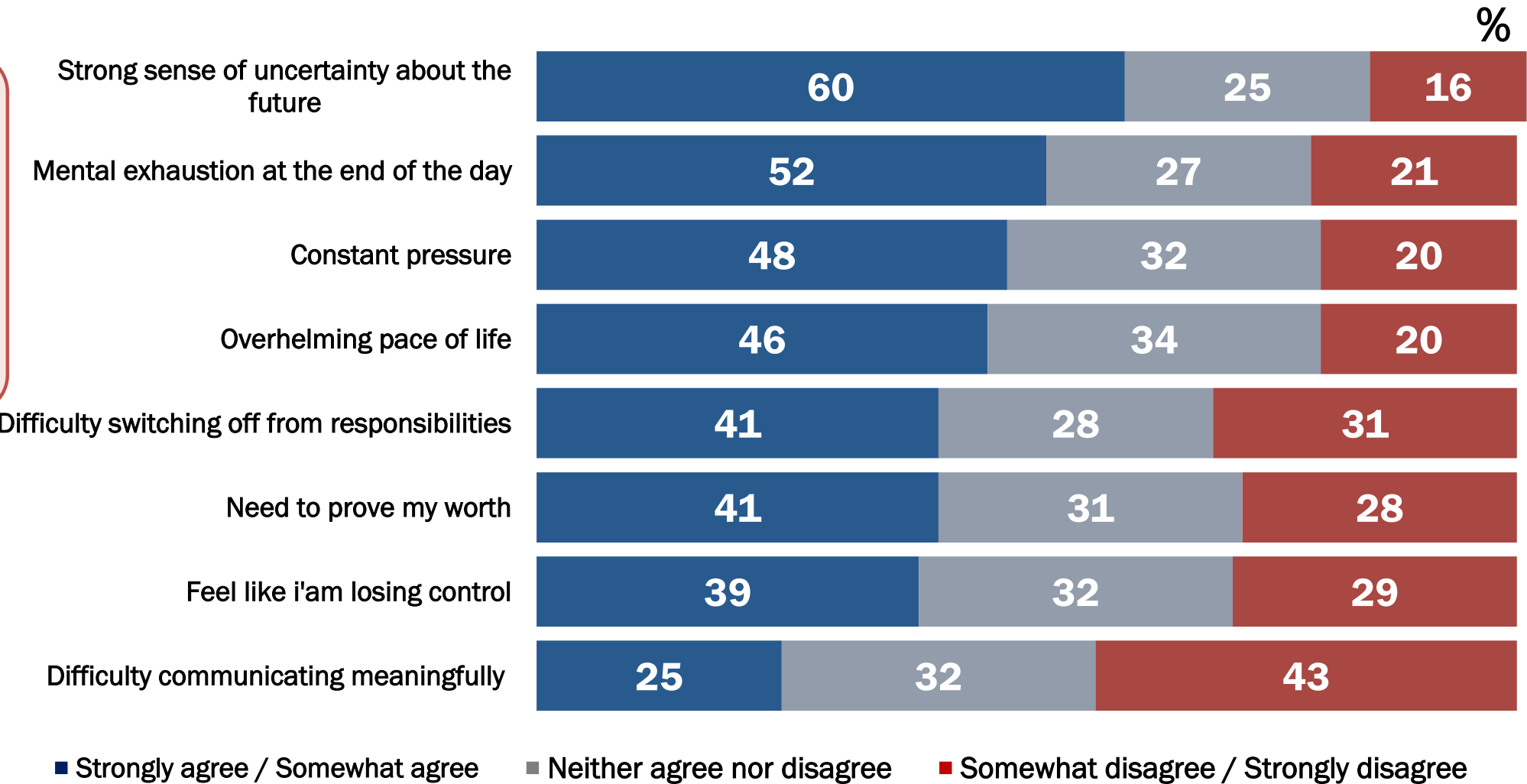
The Experience

Stress isn't just a “moment”—it's the backdrop of everyday life

Stress peaks among those aged 45–54

65%

Intense uncertainty about the future

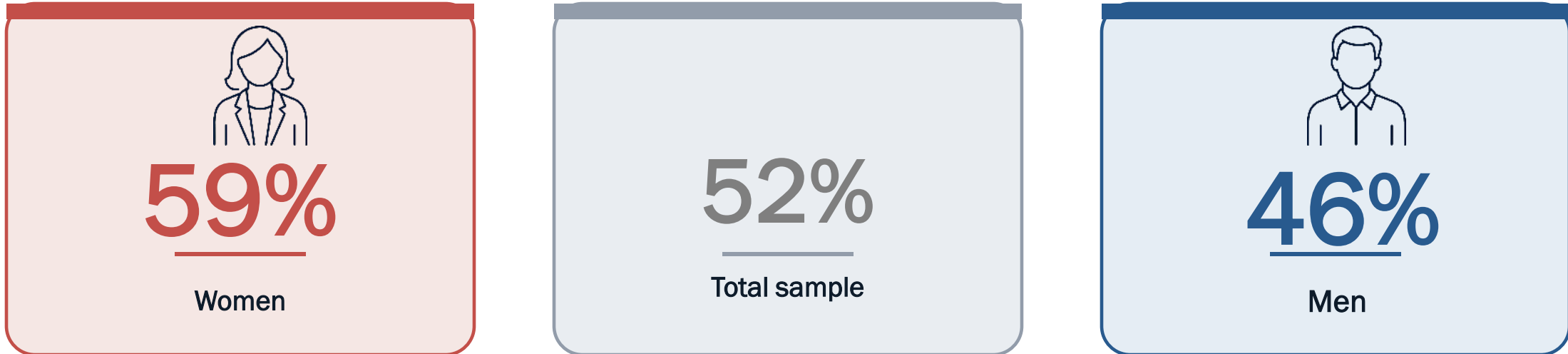


Base: Total, n=1,006

Key finding (as expected)

Women are more likely than men to report mental exhausted

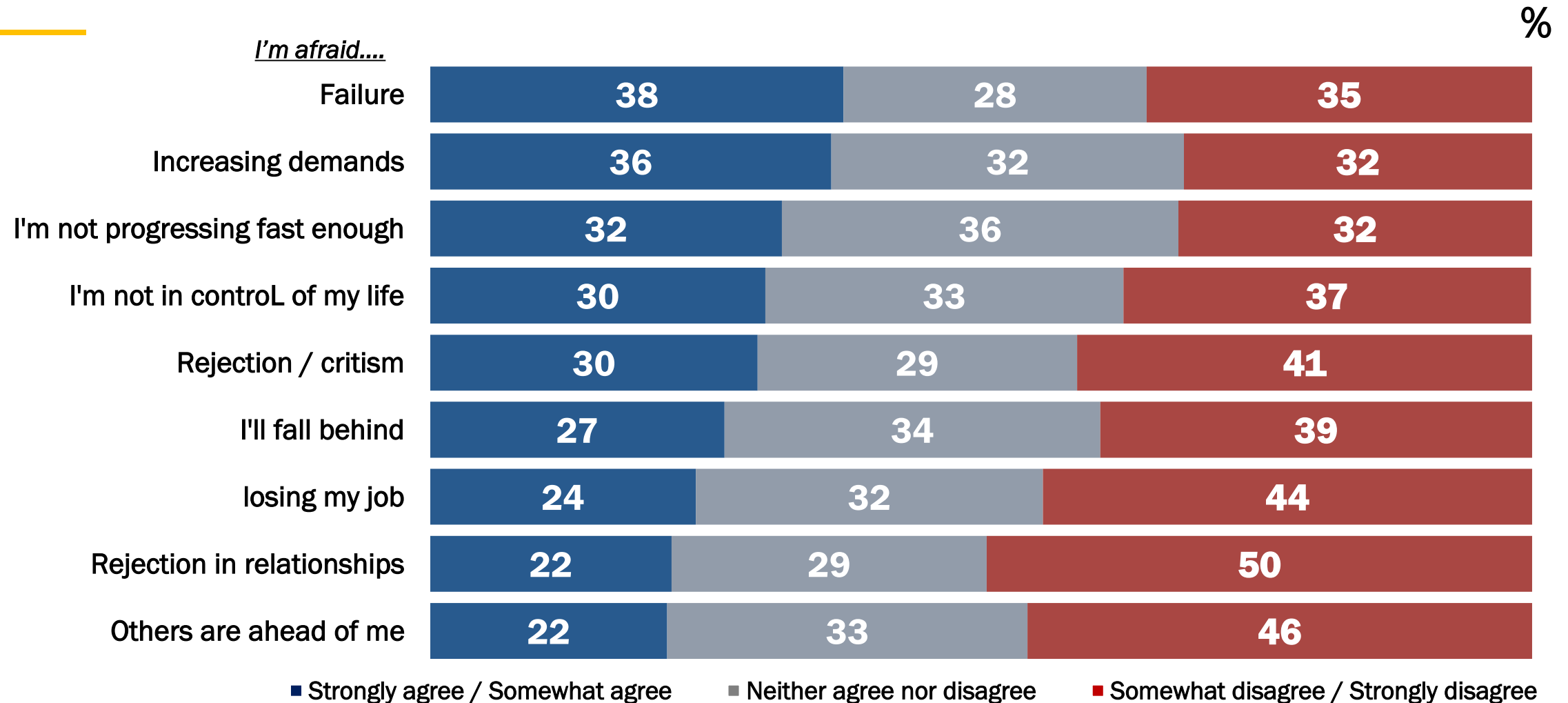
"I often feel mental exhaustion at the end of the day" Strongly agree / somewhat agree



Gap between women and men: 13 percentage points

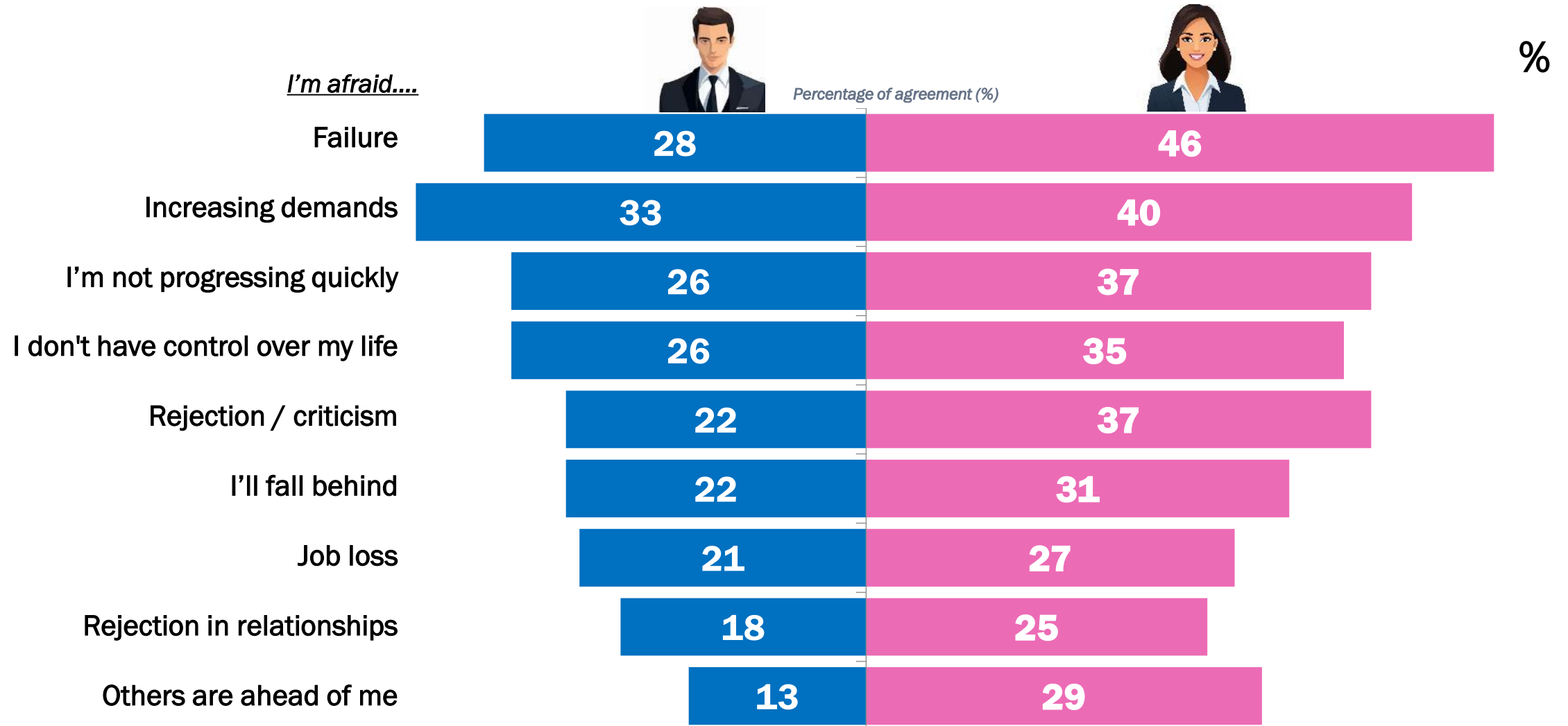
Fears

Failure, increasing demands, and the pressure to constantly improve are at the top of their concerns



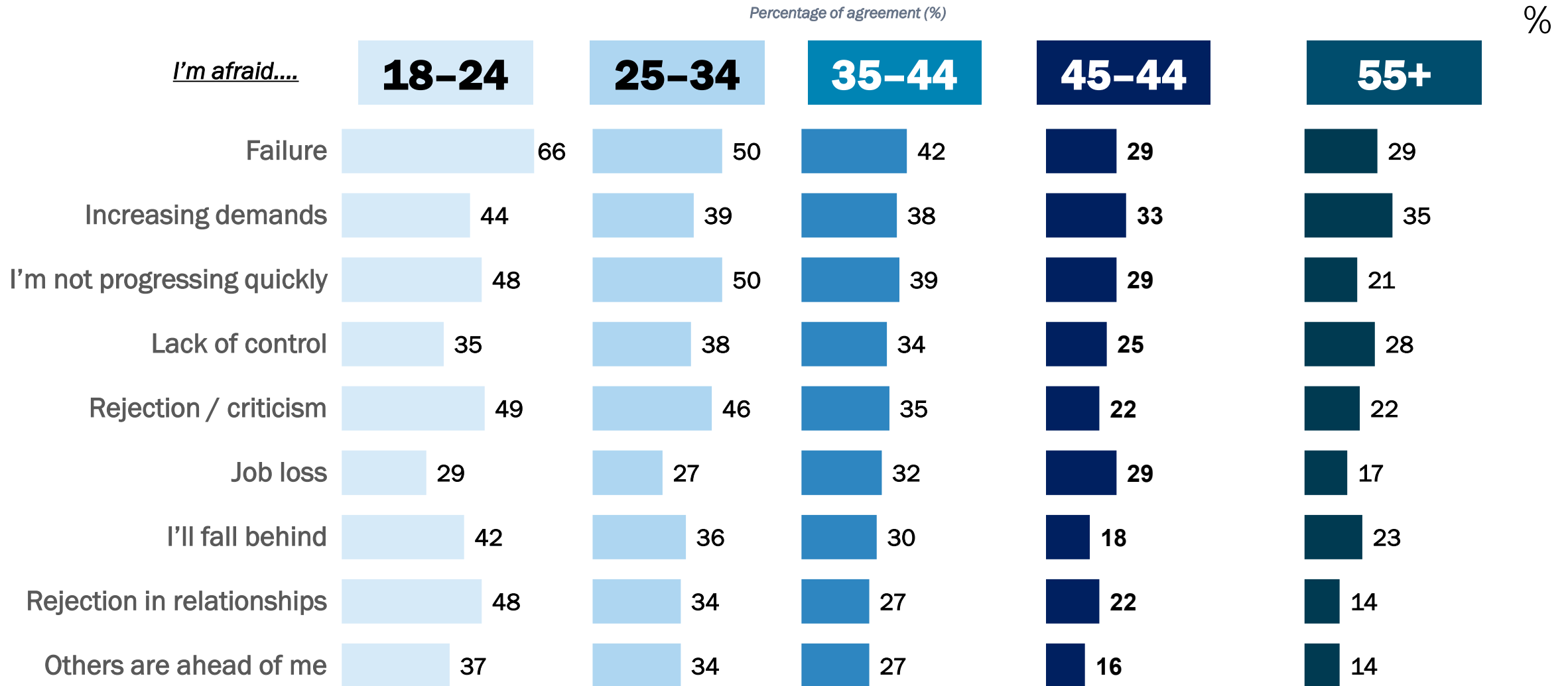
Gender Differences in Fear

Women report greater concern than men across all areas



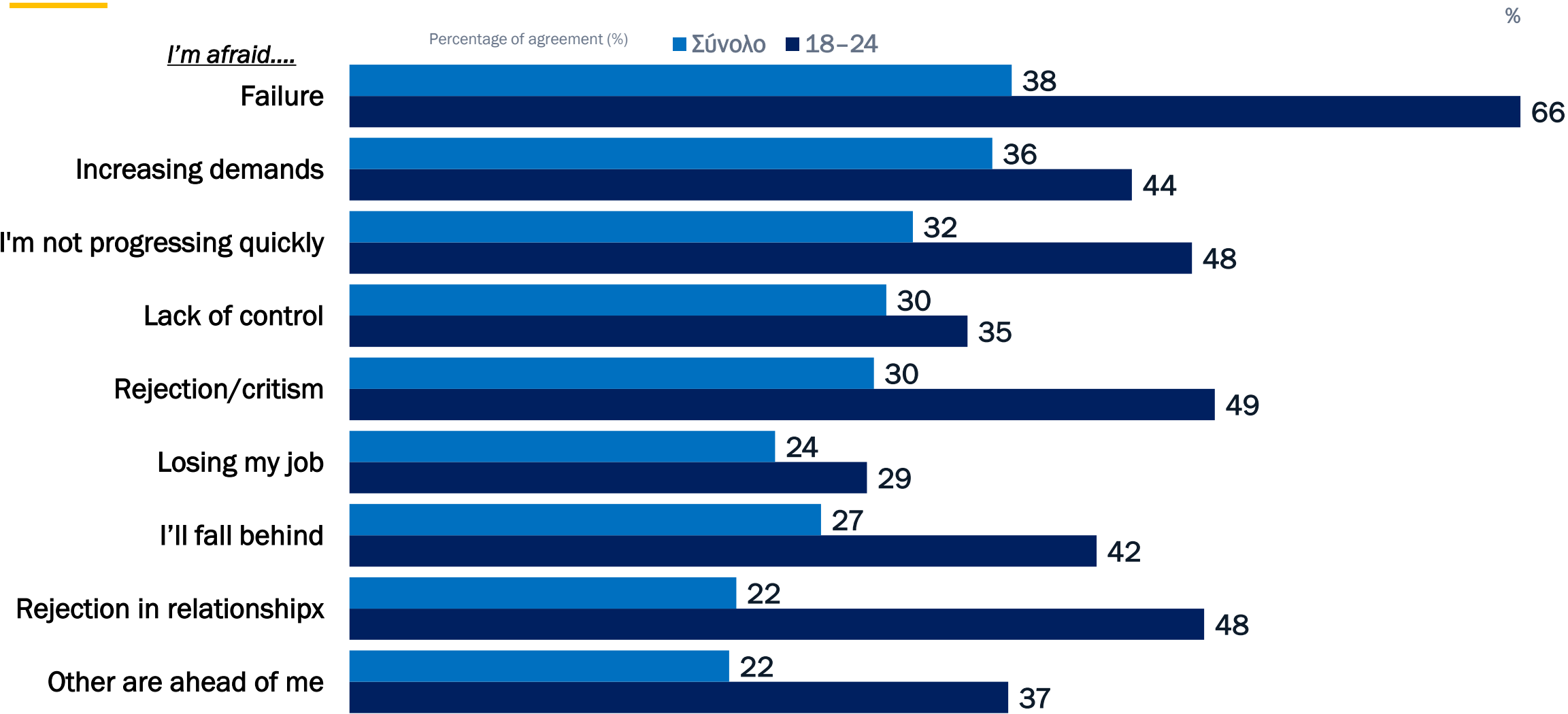
Age-Related Patterns of Fear

Fear is more pronounced among younger age groups and gradually decreases with age



Fear Across Age Groups

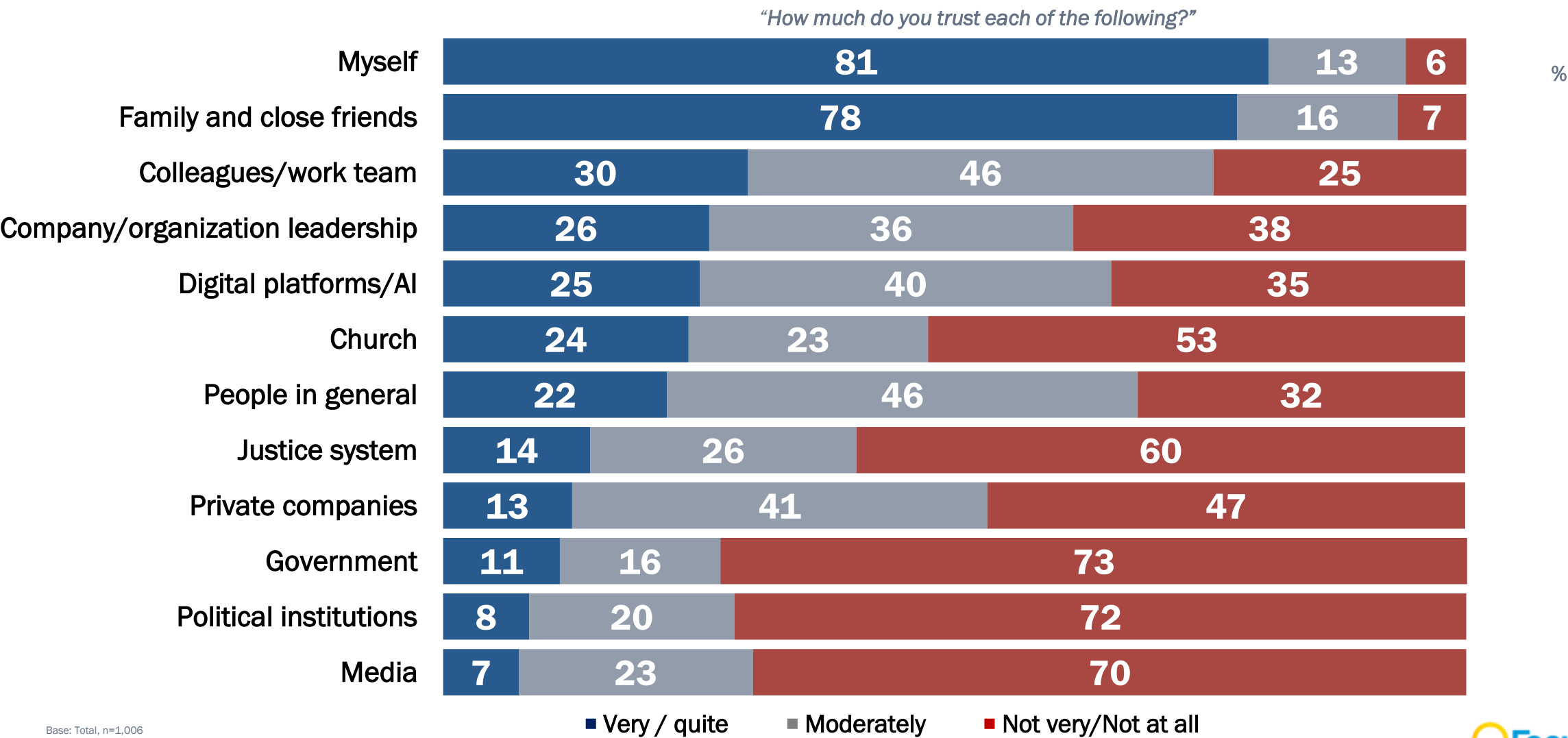
Younger people worry more, particularly about failure, rejection, and not progressing fast enough



Base: Total, n=1,006

Circles of Trust

Trust is high within personal circles but low in institutions



Base: Total, n=1,006

#1 KEY LEARNING

People are holding up, but lack a sense of security.

Pressure is felt across daily life. Trust, however, remains largely confined to to one's inner circle.

Resilience without a sense of security

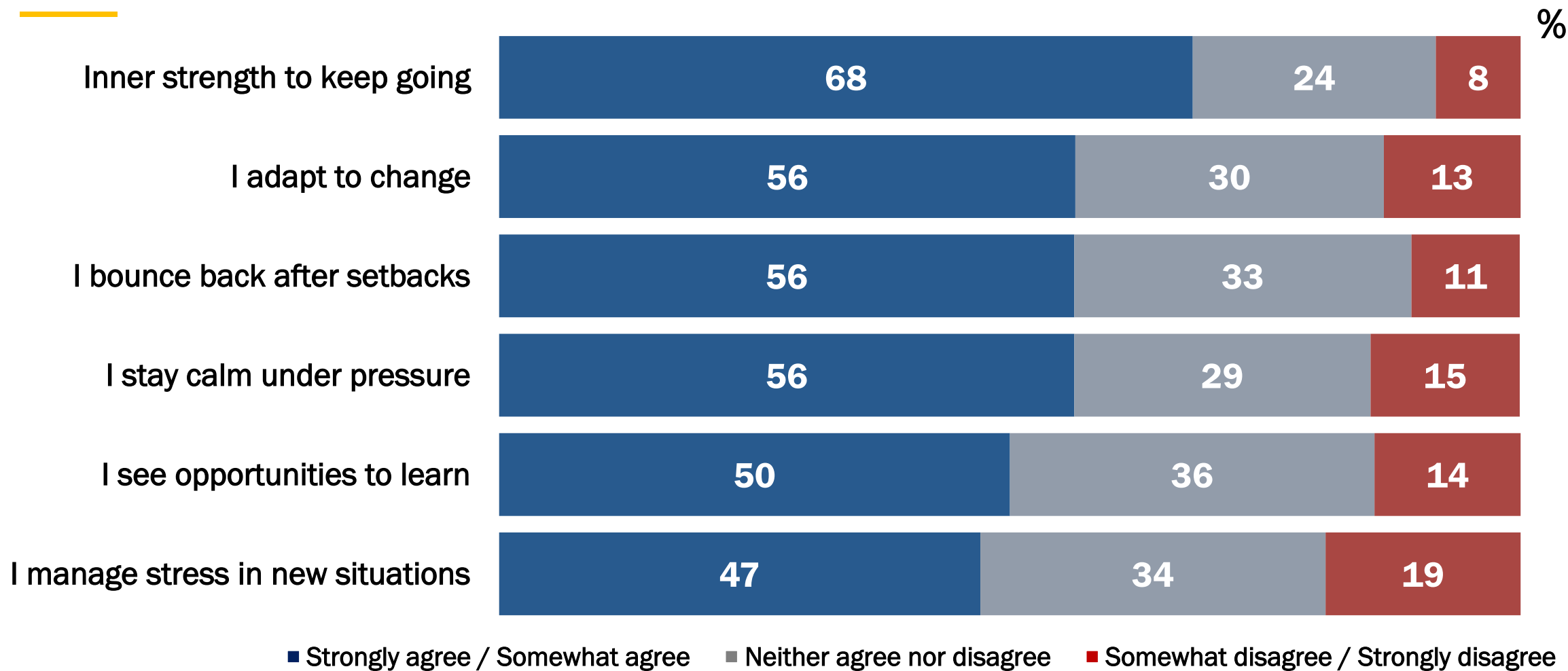


2. Resilience, Meaning & Organizations



Sources of Resilience

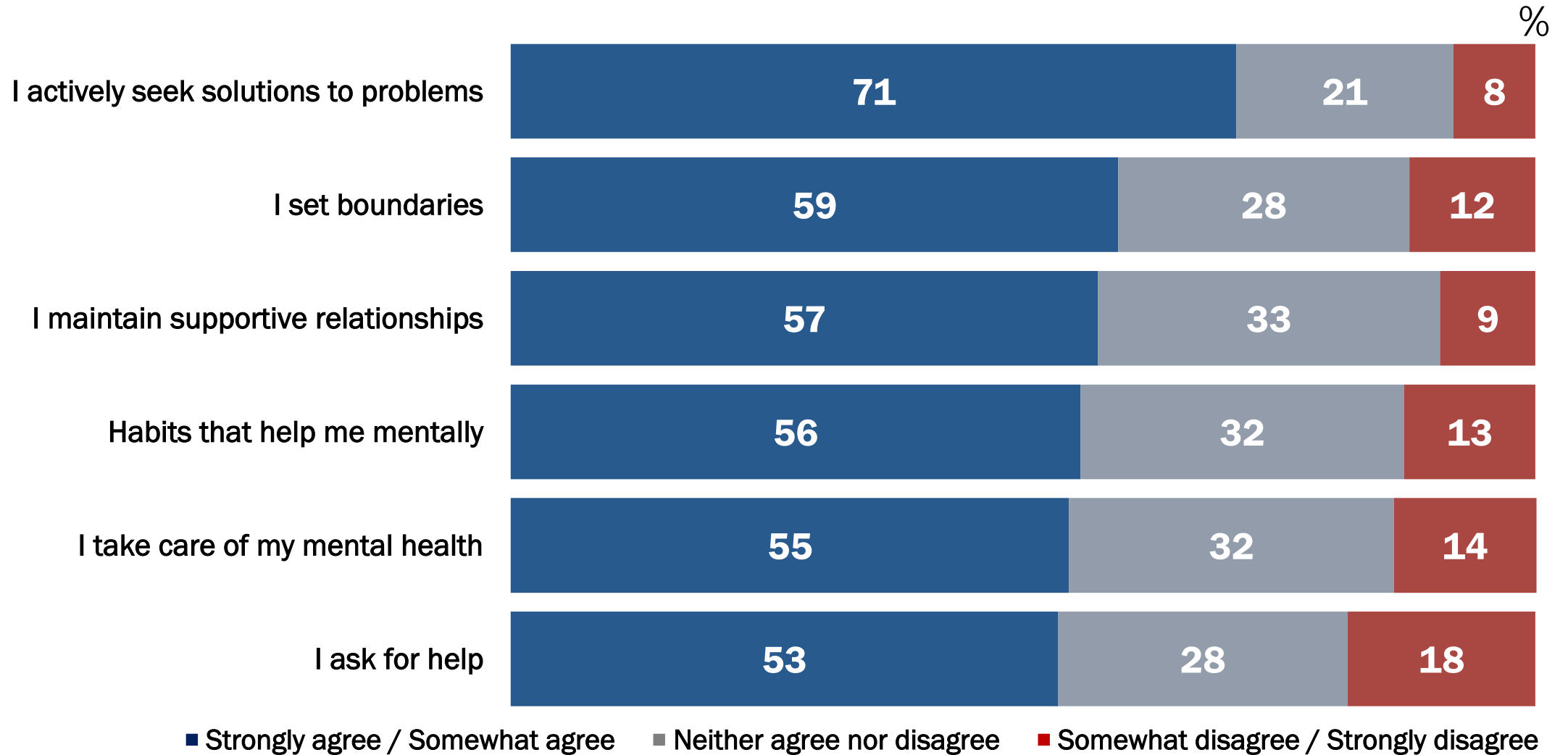
Inner strength is widespread, but managing stress in new situations remains a challenge



Base: Total, n=1,006

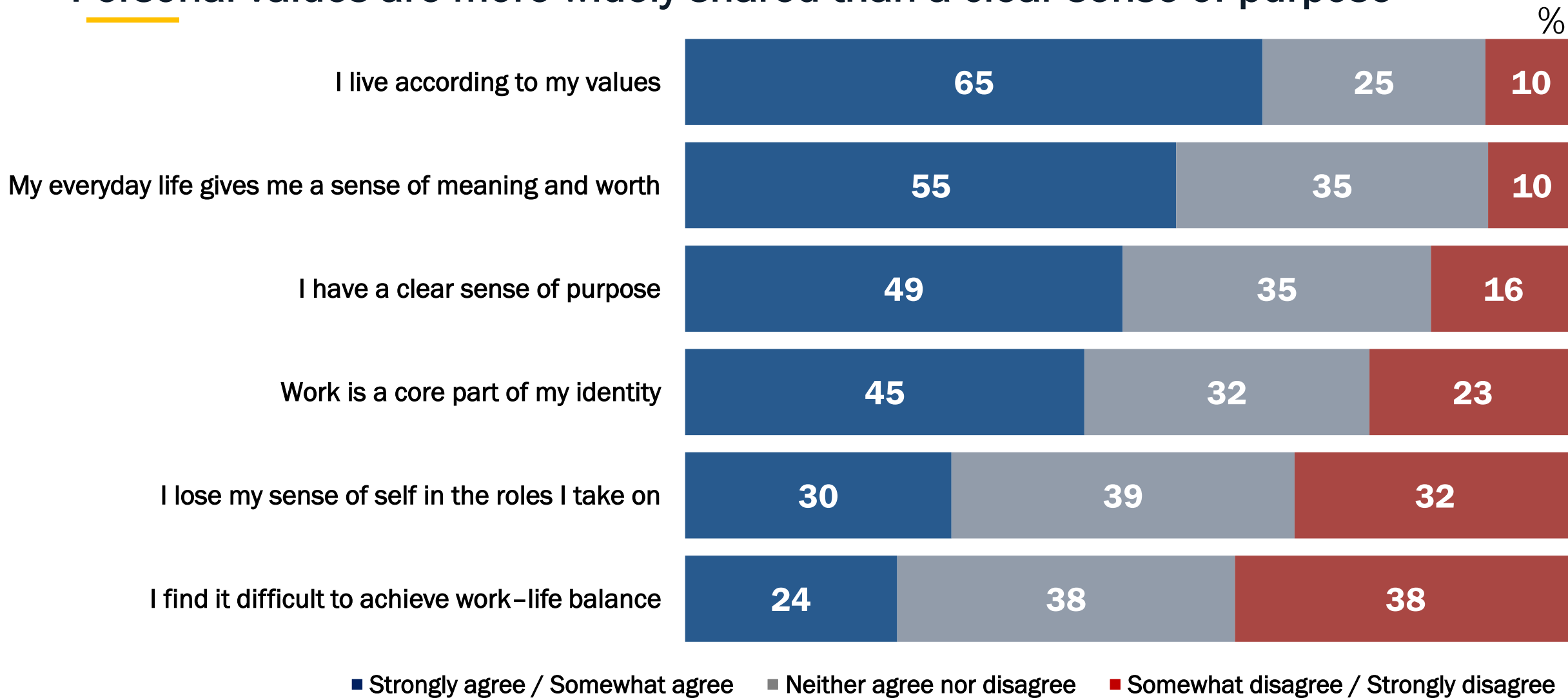
Personal practices

Proactive and self-reliant strategies; seeking help is more limited



Meaning and Identity

Personal values are more widely shared than a clear sense of purpose



Intergenerational Gap

A clear sense of purpose grows stronger with age

“I feel that I have a clear purpose in my life” - Strongly agree/Agree



31%

Ages: 25–34

49%

Total sample



61%

Ages 55+

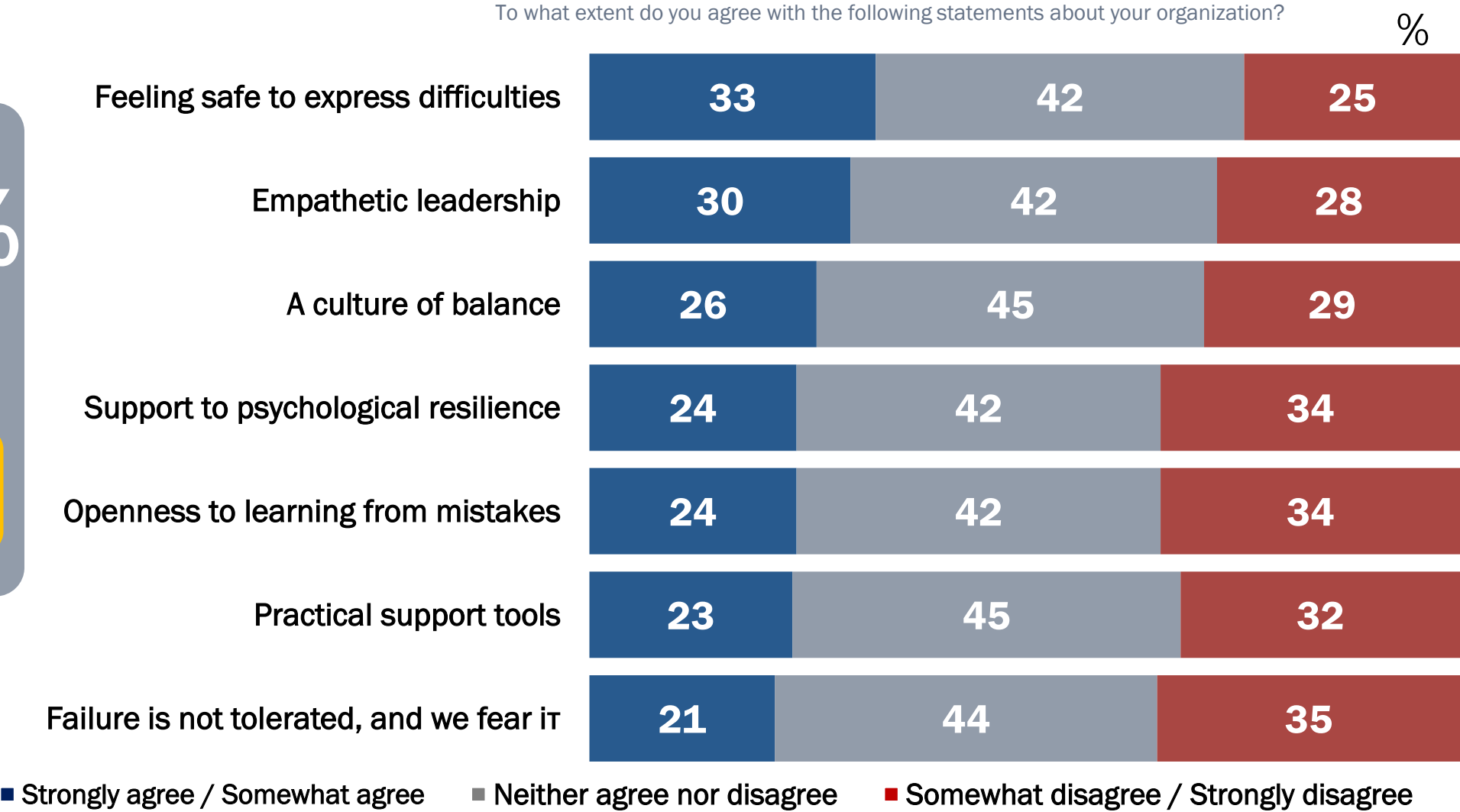
Gap between 25–34 and 55+ years old: 30 percentage points

Organizations

In the workplace, neutrality can signal of lack of support

42–45%
remain neutral
across all dimensions

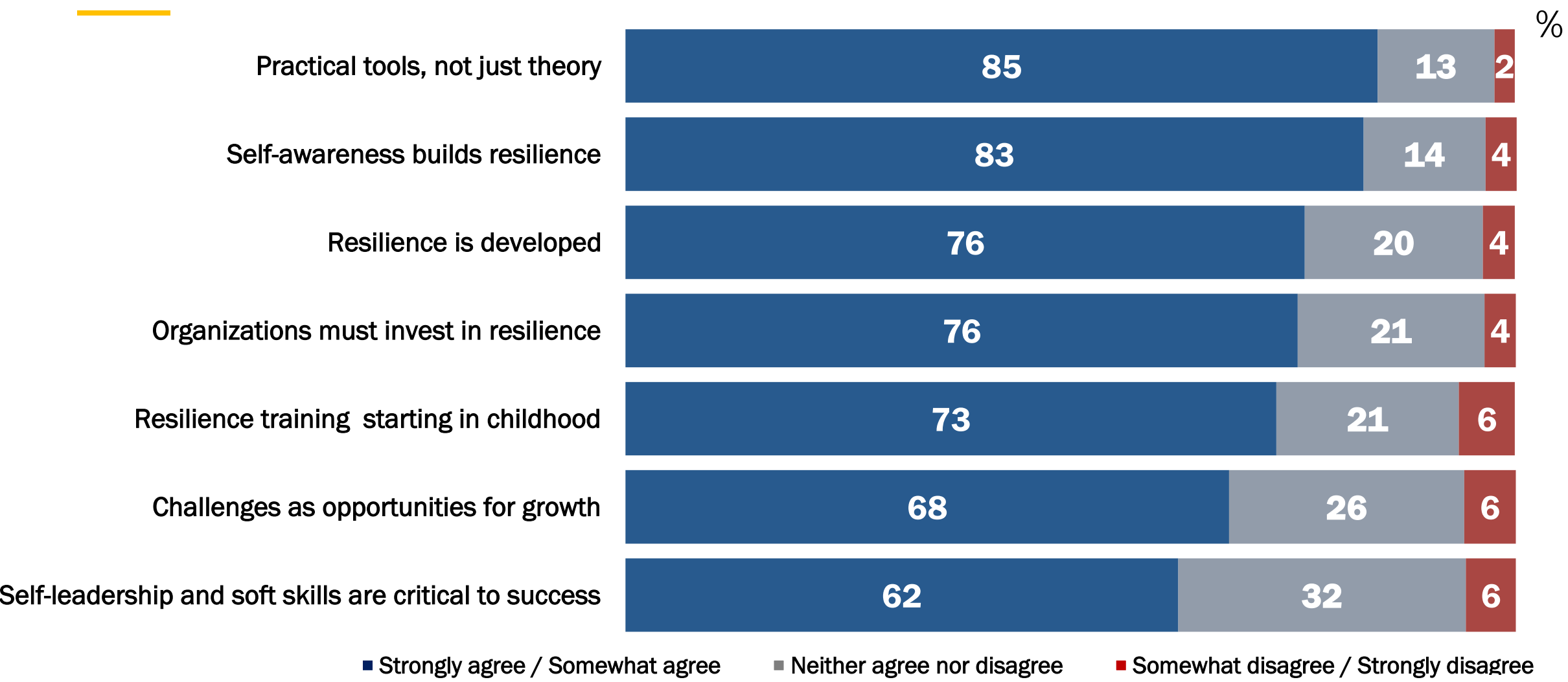
A culture of silence is
not
a positive experience.



Base: Total, n=1,006

Resilience

Tools, self-awareness, and personal effort are the main sources of resilience



Base: Total, n=1,006

#2 KEY LEARNING

Mental resilience requires a collective framework

Greeks tend to face and manage their fears on their own – but that's not enough! Practical tools, empathy, and a safe space are needed for them to speak, open up, and feel empowered

We need to move from *"I can cope"* to *"I feel supported"*



03. fear PERSONAS

From the data to people

By applying multivariate cluster analysis
to the responses, we identified:

4 distinct profiles
4 PERSONAS

*who experience and cope with today's fears
and pressures in different ways.*



4

PERSONAS

Four different
experiences of fear

The same world. the same fears.

Four different ways of coping with them.

PERSONAS differ in terms of:

- 01 the level of the pressure
- 02 the sense of control
- 03 trust
- 04 the support they have
- 05 how they cope

Let's get to know them!

“The Confident ”



25%

“The Cautious”



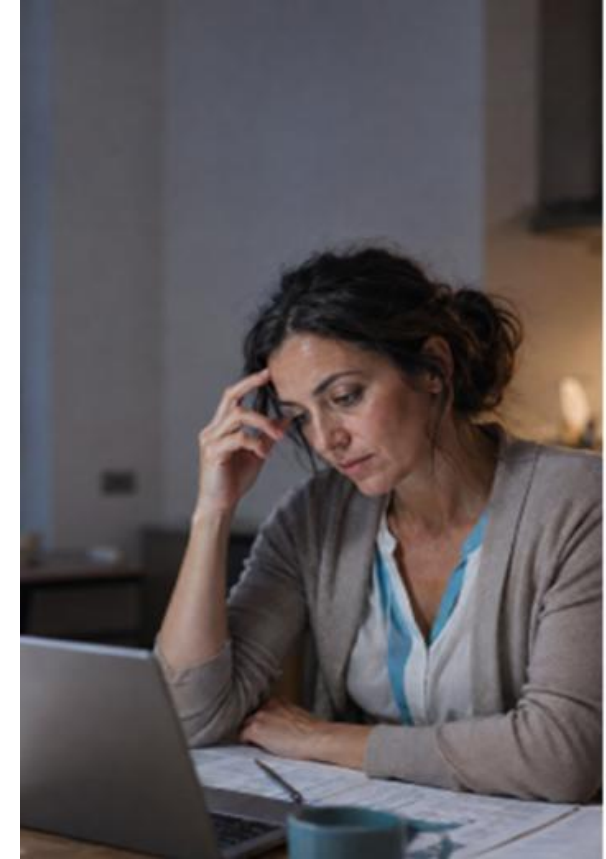
28%

“The Fighters”



23%

“The Exhausted”



24%

From Confidence to Exhaustion

Four different ways of experiencing and managing stress..

The Confident



25%

Low levels of stress and fear

Low stress/fears
high sense of control

The Cautious



28%

Moderate pressure,
detachment,
neutral attitude

The Fighters



23%

High pressure
active coping
despite their fears

The Exhausted



24%

The most intense pressure,
worries & fears,
a reduced sense of control

The Confident: 25%



Resilience - Security
“I’m in control”

Who they are: Mentally resilient, with high life satisfaction and strong self-confidence. Most are men, generally older, with a high level of education.

What characterizes them: A sense of control, a clear purpose, stable relationships, and daily routines that protect them.

What puts pressure on them: They experience the least stress and mental fatigue, though they do not ignore difficulties. They act in spite of their fears!

Their fear: Losing the stability and control they have established, even though they feel that no matter what happens, they’ll make it through!

How they react: They seek practical solutions and tools, take care of their mental health, set boundaries, and bounce back quickly.
Resilient!

What they need: Consistency, autonomy, and an environment that fosters stability, purpose, and growth.

The Cautious: 28%



Neutrality - Detachment
“Low expectations”

Who they are: Mainly men, a relatively even age distribution, and a higher proportion of unemployed people, retirees, and residents of rural areas; average to low educational attainment.

What characterizes them: Moderate pressure, lower engagement, and limited trust in organizations and institutions. “Distance”!

What puts pressure on them: The feeling that they cannot rely on their broader environment and that organized solutions do not apply to them.

Their fear: The betrayal of trust — especially by people close to them

How they react: They act more independently, seeking help sparingly and showing limited mobilization. “Apathy”!

What they need: Simple, reliable solutions, transparency, and the gradual building of trust. Low self-motivation!

The Fighters: 23%



Dedication - Ambition
“I’m under pressure, but I keep going and look for solutions”

Who they are: Active and functional despite high pressure. Most often women, generally younger and of working age and highly educated.

What characterizes them: A strong sense of purpose, professional commitment, and a willingness to persevere despite difficulties.

What puts pressure on them: The fear of failure, stagnation, and the need to constantly prove their worth. But they don’t give up: they persevere!

Their fear: Failure and stagnation — they fear they’ll fall behind or fail to meet expectations.

How they react: They actively seek solutions, ask for help, adapt, and invest in their relationships.

What they need: Recognition, supportive leadership, and conditions that allow them to perform without burning out.

The Exhausted: 24%



Stress - Uncertainty

“The demands are more than I can handle.”

Who they are: The most burdened group, primarily women aged 25–54, with a higher proportion of unemployed and part-time workers.

What characterizes them: Intense uncertainty, mental exhaustion, and a sense that the demands are more than they can handle. They feel powerless!

What’s putting pressure on them: Financial and professional insecurity, fear of failure, and a loss of control.

Their fear: That they won’t make it — that the demands will overwhelm them and they’ll lose control of both their personal and professional lives!

How they react: They try to find solutions, but they struggle to ask for help and maintain consistent self-care practices.

What they need: Substantial support, security, understanding, and practical solutions that reduce daily stress.

“The Confident”

- Stable
- Prudent
- Balanced

Optimism

25%

“The Cautious”

- Skeptical
- Reserved
- Detached

insecurity

282 28%

“The Fighters”

- Persistent
- Adaptable
- Active

Competitiveness

23%

“The Exhausted”

- Vulnerable
- Exhausted
- Stressed

Uncertainty

24%

From insight to action

Each persona needs a different kind of support....

Persona	What they need	What the organization should do
 “The Cautious	Credibility	Inclusivity, transparency, simple solutions, consistent communication. “Proof” in action
 “The Confident”	Autonomy	Flexibility, growth, consistency, progress
 “The Fighters”	Sustainable performance	Recognition, boundaries, supportive leadership
 The Exhausted	Security	Access to help, stress relief, empathy

Support becomes more effective when tailored to each group’s experience.

#3 KEY LEARNING

Fear does not have just one face.

—

Greeks experience pressure differently, depending on their stage of life, personal resilience, support systems, and sense of control.

The four PERSONAS reflect these different needs.

From a “one-size-fits-all” approach
to targeted support



Thank You!

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