

Caught in the time crunch: Time use, leisure and culture in Canada ^[1]

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More and more Canadians are struggling to meet the competing demands of the workplace, their families and their own need to refresh body and mind, according to a new CIW Report, **Caught in the Time Crunch: Time Use, Leisure and Culture in Canada** ^[2] (PDF 1MB) released on June 15. The Report finds that more of us are working non-standard hours (weekends, evenings, nights and rotating shifts) and looking after children and seniors, while fewer of us are able to participate in social activities, attend arts performances or volunteer for culture and recreation organizations. The steep price we're paying for this includes poorer physical and mental health and less satisfaction with the quality of our lives. The report puts forward a number of positive public policy suggestions for improving the work-life balance of Canadians. Download the full research studies on **Time Use** ^[3], and **Leisure and Culture** ^[4], the **Report Highlights on Time Use** ^[3], and **Leisure and Culture** ^[4], or read **Ideas for Positive Change** ^[5] (PDF 58KB).

Region: Canada ^[6]

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