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Stena Line Reveals Britons are More Worried About Lack of Time Than Their Health

Stena Line has found that the biggest worry the British public have is not having enough time to do what they want, according to new research from the ferry operator.

LONDON, ENGLAND, October 12, 2008 **/24-7PressRelease/** -- Stena Line revealed that not having enough time to do what they want is the main concern of the British public. The new research from the UK ferry operator found that 49% of people cited lack of time as their biggest gripe while health concerns scored a low 9%.

Looking at antidotes to stress, [Stena Line](http://www.stena.com) found that far from dreaming of fame and money, it is the simple things in life that we really yearn for. 28% of those surveyed said that a simple short haul holiday would reduce stress, whilst 25% wanted more time to listen to music and 21% wanted to read more.

The survey also revealed that a short haul holiday causes its own woes - with 39% citing the dread of completing their work before going on holiday as the most stressful. 39% also found air travel the most stressful with 1% citing ferries as a stressful mode of transport.

Lars Olsson, Stena Line's general manager of travel for the UK, said, "With the increasing stress, crowds and queues involved in air travel we're delighted that more people are turning to ferry travel to allay their stress."

"Stena Line's '[dutchflyer](http://www.stena.com)' rail and sail product is becoming increasingly popular as it combines with overnight crossings, allowing workers to minimise time out of the office and finish assignments before heading to the port by train from London or East Anglia after work, sailing in one of our refitted cabins.

"With the credit crunch taking a real hold we expect that '[dutchflyer](http://www.stena.com)' will gain further popularity, as the cabins included in the fare eliminate the need to pay for an extra hotel night."

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Notes to Editors:

In the UK alone, Stena Line offers two daily [ferries to Holland](http://www.stena.com) on its Harwich to Hook of Holland route as well as over 30 daily crossings on its five different routes to Ireland (Stranraer to Belfast, Fleetwood to Larne, Holyhead to Dublin, Holyhead to Dun Laoghaire and Fishguard to Rosslare) providing fast and efficient crossings with excellent onboard services and facilities.

Stena Line's rail and sail [dutchflyer](http://www.stena.com) product includes rail travel from any National Express East Anglia rail station including London Liverpool Street and onward travel to any NS Dutch rail station. Dutchflyer fares from any National Express East Anglia station start from just 29 per person one-way.