

Navigating the cost of living crisis...

Given the uncertain economic climate and increase cost of living, which of the following do UK adults expect to have to do in the next 12 months?

>9-in-10

of UK adults expect to **adapt their behaviour** in some way due to the increase cost of living

>1-in-2

expect to be much **more aware of how they spend their money**

How Brits expect their behaviour will change:



46% cut back on non-essential spending



37% less take-aways



31% use less fuel in my vehicle



29% visit restaurants less often



25% spend less on holidays



25% take my own lunch to work



19% visit pubs/bars less often