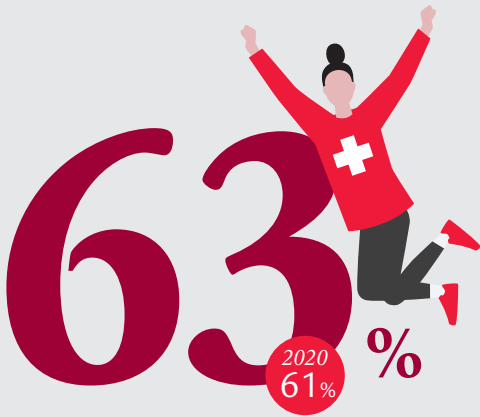
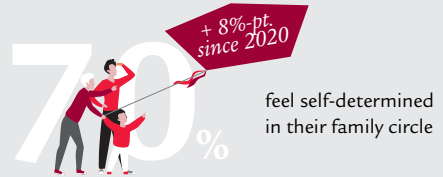


# Back to a self-determined life



of people in Switzerland feel self-determined following the easing of the pandemic measures

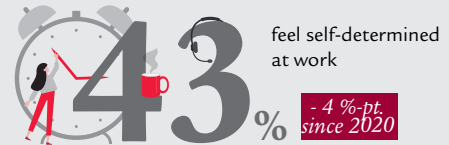
## Regained freedoms in private life



## More self-determination in the countryside

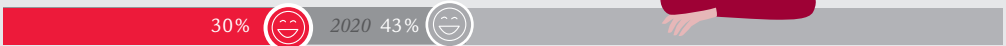


## Self-determination in professional life

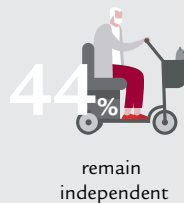


## Optimism is suffering from the pandemic

Only 30% are optimistic about the future



## Top 3 for a self-determined life:



The Swiss Life self-determination barometer is based on the results of a representative online survey conducted by Swiss Life and Bilendi, in which around 1000 people aged 18 to 79 participated from 28 June to 8 July 2021. The figures are rounded.

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