

Massy, 3 June 2026



The French spend €58 per month on their well-being

More than 7 in 10 French people say they are in good mental and physical health, according to the latest Sofinscope. This encouraging finding reflects the adoption of well-being practices by 90% of French people and an average monthly budget of €58 to cope with sources of stress.

To cope with stress, the French have widely adopted well-being practices

90% of French people have adopted at least one well-being practice to protect their physical and mental health from the effects of stress. The main sources of stress identified are the economic and social context (76% of respondents), an uncertain future (75%), and the geopolitical context (72%).

Among the most popular well-being practices, outdoor walking stands out, with 59% of French people practicing it regularly. This is followed by sports activities and cooking or DIY, each practiced by more than 4 in 10 French people.

A well-being budget the French would like to increase

On average, the French allocate €58 per month to their well-being. This amount reaches €93 among 25–34-year-olds. However, this budget is considered insufficient, and ideally they would like to devote €95 to their physical and mental health. This significant gap between actual and ideal spending highlights the financial constraints faced by the French.

To cope with this, they make trade-offs in their spending, 61% say they sometimes have to forgo certain well-being practices due to lack of means, 60% believe there are enough free solutions to feel better, 50% say digital tools (well-being mobile apps, etc.) are a good alternative when they cannot afford to consult a psychologist, 35% favor activities offering flexible payment options (credit, installments, deferred payment, etc.)

« 79% of French people say that taking care of their mental health should be a priority. However, the budget dedicated to well-being is constrained, and even though many free activities help people take care of themselves, professionals in the sector must take these financial constraints into account and provide solutions to make their products and services more accessible. » **Franck ONIGA, Chief Executive Officer of Sofinco**

Any full or partial publication must include the following mention: "The Sofinscope – OpinionWay barometer for Sofinco."

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About Sofinscope

Sofinscope is Sofinco's barometer, the commercial brand of Crédit Agricole Personal Finance & Mobility in France. Designed to survey French consumers about their habits and better understand them, this barometer—anchored in everyday life—is conducted by OpinionWay for Sofinco, using representative samples of the French population.

This study was conducted on a sample of 1,003 people, representative of the French population aged 18 and over. The sample was built using quota methods based on gender, age, socio-professional category, size of urban area, and region of residence. Interviews were conducted from April 22 to 24, 2026, via a self-administered online questionnaire (CAWI method).

All results are available online: [Sofinscope : the barometer that gives you a head start on consumer trends](#)

About Sofinco

Sofinco is the commercial brand of Crédit Agricole Personal Finance & Mobility in France. A specialist in personal financing, it has supported the French for over 70 years in transitioning towards more responsible consumption through a wide range of financing solutions and associated services, offered directly or via its partners (major retail chains, specialized distributors, and institutions). It also supports French consumers in their home energy renovation journey and in adapting their homes for better aging.

For more information : www.sofinco.fr