



# **STRESS** in the United States

# WHAT stresses us out?

83%



Job Pressure

64%

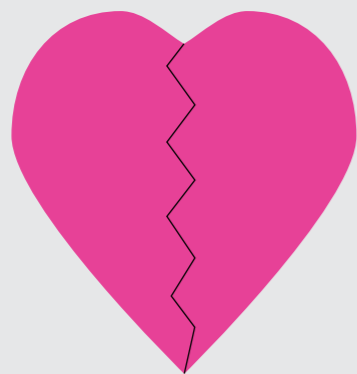


Money

52%



Health

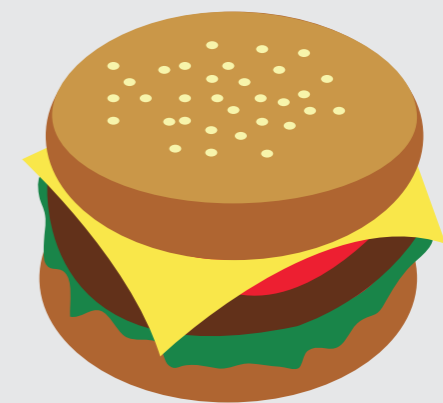


Relationships

56%

**STRESS:** a state of mental tension & worry caused by problems in your life, work, etc.


51%



Poor Nutrition

# Stress by the **NUMBERS**

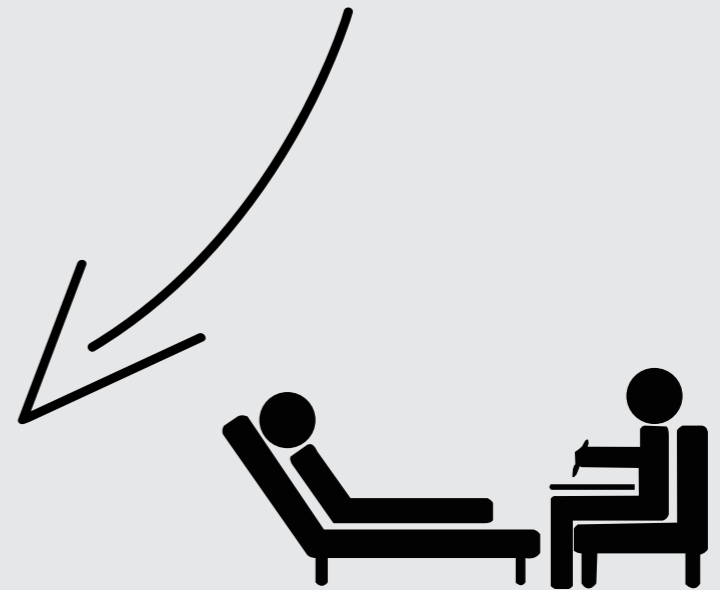
**48%**  
are lying awake at night



**73%**  
have psychological symptoms



**77%**  
have physical symptoms



# WHO is stressed?

**Men**

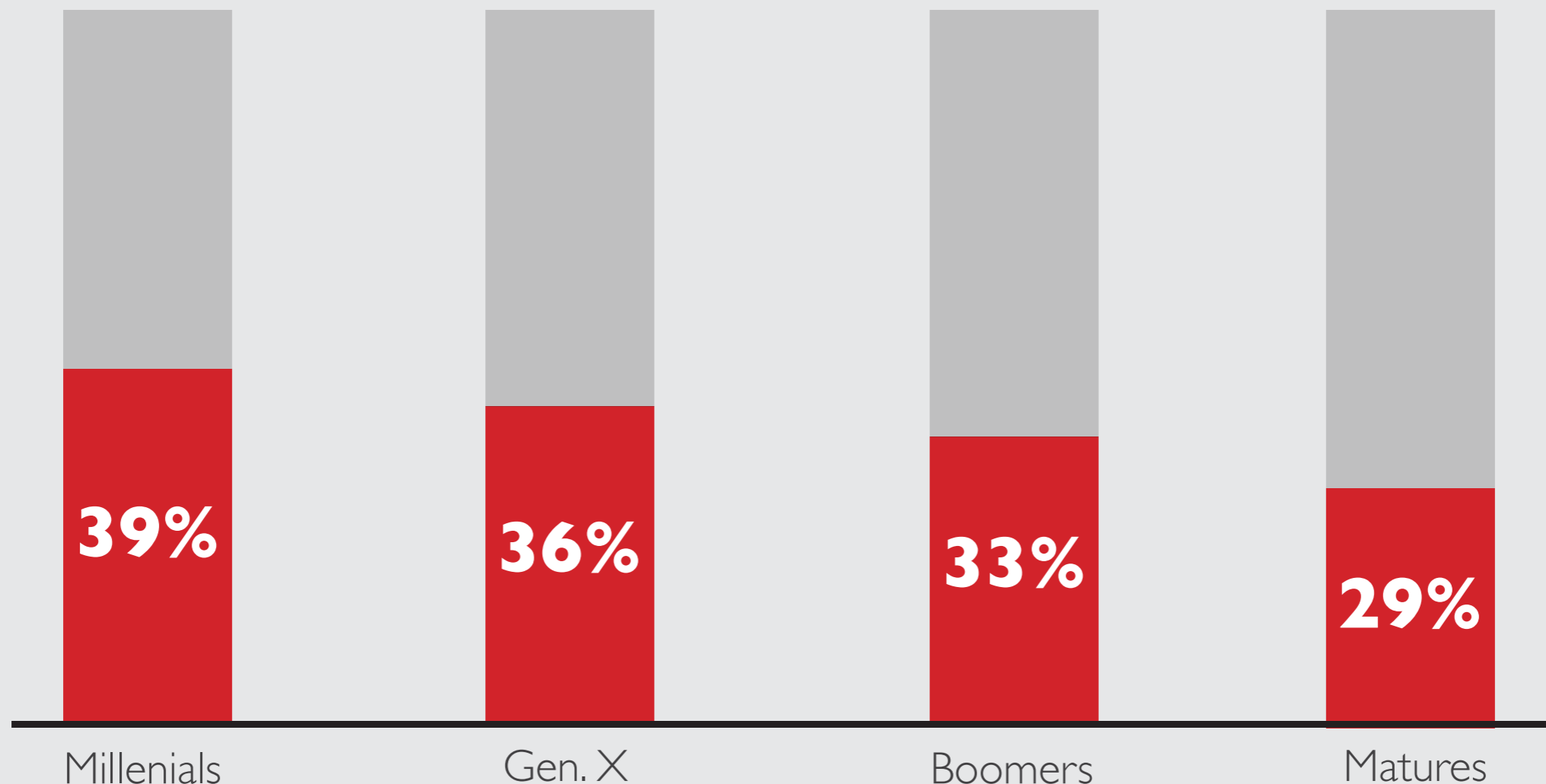
versus

**Women**

**5.3** out of 10  
stress level



**4.6** out of 10  
stress level



# How to **MANAGE** stress

1

## **Exercise**

Incorporate physical activity into your routine



2

## **Sleep**

Try to go to bed at the same time each night



3

## **Relax**

Calm yourself down with stress reduction techniques



4

## **Social Interactions**

Talk to someone to distract you from your problems



5

## **Time management**

Prioritize your tasks and accept that you cannot do everything

