

Stress



According to a Gallup poll, **55%** of Americans are stressed during the day. This is **20%** higher than the world average of **35%**.

The top two personal stressors for American adults in 2019 were:



64% of Americans are stressed about the cost of health care. Stress can affect all elements of health:

77% of Americans say their stress affects their physical health.

73% of Americans say their stress affects their mental health.

48% of Americans say their stress disrupts their sleep.

The most common signs of extreme stress include trouble sleeping, social withdrawal, appetite changes and chest pain. Feelings of anxiety, depression, irritability, restlessness, anger and fatigue are also common.

What can help reduce stress?



Plan and prioritize your most important responsibilities.



Get some exercise to work off your stress and release stress-fighting endorphins.



Avoid caffeine, as this stimulant can worsen your stress.



Listen to relaxing music to help you calm down.



Try meditating, as this activity can help you calm your mind and remain focused on the present.



Practice self-care and make time for yourself.