

## Stress Statistics

### WebMD

- 43% of all adults have some type of health problems because of stress
- 75% to 90% of all visits to the doctor are stress related
- OSHA (Occupational Safety and Health Administration) declares stress to be a hazard in the workplace
- The costs of stress related conditions costs American over \$300 billion annually
- The lifetime prevalence of an emotional disorder is over 50% mainly as result of untreated stress

### Statistic Brain Research Institute, American Institute of Stress, NY

#### Top Causes of Stress in the U.S.

1. Workplace pressures, including overtime, too much work, deadlines, tension with co-workers
2. Money problems – including difficulties paying bills, loss of job, high medical bills
3. Health problems
4. Relationship problems, including divorce, loneliness, arguments, unhealthy relationships and divorce
5. Poor Nutrition including eating too much junk food
6. Technology and information overload, including social media, laptops, tablets, email, and Internet
7. Sleep deprivation, which prohibits diminishment of stress hormones.

#### U.S. Stress Statistics

- 77% of people regularly suffer from physical symptoms caused by stress
- 73% regularly suffer from psychological symptoms caused by stress
- 33% of people report extreme stress
- 48% of people believe stress has increased over the past 5 years
- 48% of people report sleepless nights from stress

#### Stress Impact Statistics

48% of those surveyed report a negative impact on their personal and professional life

31% of employed adults say they have difficulty managing work and family responsibilities

35% cited jobs interfering with their family or personal time as a significant source of stress.

54% said that stress has caused them to fight with people close to them

26% reported alienation from friends and family because of stress

Annual costs to employers in stress related health care and missed work are \$300 Billion

30% say they are "always" or "often" under stress at work

### **Stress Related Physical Symptoms Cited**

51% reported fatigue

44% reported headaches

34% reported upset stomach

30% reported muscle tension

23% reported changes in appetite

17% reported teeth grinding

15% reported changes in sex drive

13% reported feeling dizzy

### **Stress Related Psychological Symptoms Cited**

50% reported irritability or anger

45% reported nervousness

45% reported lack of energy

35% reported feeling as though you could cry

## **American Institute of Stress - Stress.org**

- 3 out of 4 doctor office visits are stress related
- Stress is the basic cause of 60% of all human illness and disease
- Stress increases risk of heart disease by 40%, risk of heart attack by 25% and risk of stroke by 50%

## **American Psychological Association**

49% of women surveyed said their stress has increased over the past five years and 49% reported lying awake at night in the past month because of stress

Only 33% of women report being successful in getting enough sleep

31% of women reported eating as a way of managing stress with overeating and/or eating unhealthy foods

Only 35% of women reported exercising once a week or less, citing fatigue as the main reason for not exercising more often

Women reported willpower as the #1 barrier to changing lifestyle habits such as diet and exercise and most attributed the lack of willpower to extreme fatigue and low energy AND 6 times as many women as men say that having more help with household chores would allow them to improve their willpower

## **University Of Cambridge Study**

Women suffer from anxiety at an almost twice the rate of men