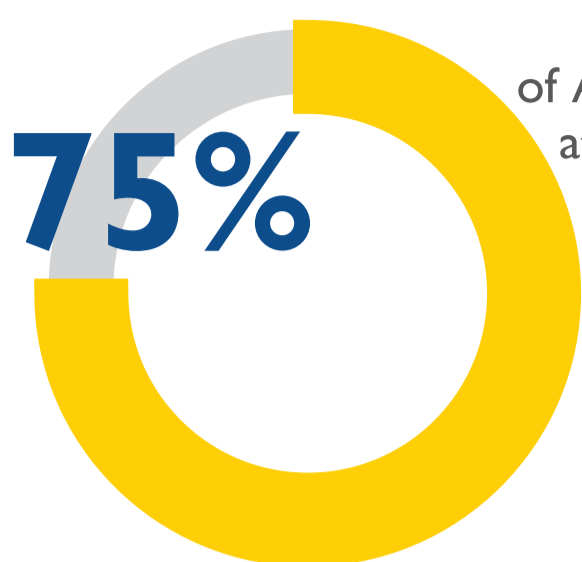


# STRESS

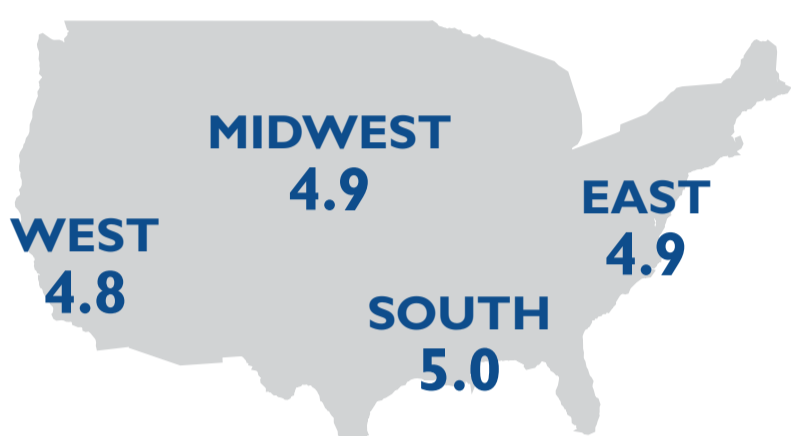
#WhatYouNeedToKnow



of Americans reported experiencing at least one **symptom of stress** in the past month.



say they have laid awake at night in the past month due to stress.



Adults report comparable levels of stress on a 10-point scale in each region of the country.



Parents report higher-than-average stress levels than non parents.

## EFFECTS OF EMOTIONAL STRESS ON THE BODY



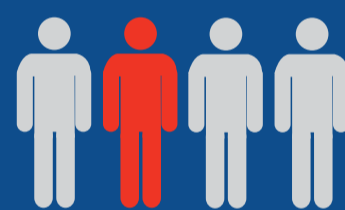
High blood pressure



Increased susceptibility to substance abuse



Less resistance to disease



Depression

## STRESS MANAGEMENT TACTICS



Meditate



Go for a walk



Do yoga



Try deep breathing

“Stress is not good, but everyone experiences it. That’s why it’s so important to manage stress in healthy ways.”

—Dr. Hugh Calkins,  
Director of Cardiac Arrhythmia Service

## TRY IT—POSITIVE SELF-TALK

How we interpret life events is important. Use positive self-talk to position those sometimes negative thoughts into positive ones. If you can catch yourself during a negative thought and talk to yourself in a positive way, you’ll turn your stress reaction around.

#StressTip