

FACTS ABOUT STRESS



- 43% of all adults suffer adverse health effects from stress.
- 75-90% of all physician's office visits are for stress-related ailments and complaints.
- Stress is linked to six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.
- In 1993, health costs accounted for 12% of our gross national product. Industry spent more than \$300 billion annually, or \$7,500 per worker, per year.
- Stress is different for everyone. What is stressful for one person may not be stressful to another. Each of us responds to stress in an entirely different way.
- Some stress is good for us and helps us become productive and happy. Too much stress, that is not managed, can hurt and even kill us.
- You can plan your life so that stress does not overwhelm you by setting priorities and working on simple problems first.
- Each person may have stress reduction techniques that work for him or her, but not for others.
- Minor symptoms of stress are early warning signs that your life is getting out of hand.
- More often, work burn-out occurs when people feel out of control and when they are working in a chaotic environment where it is not clear who is in control. It can also happen when people are being micromanaged.
- Burn-out occurs when there is a lack of recognition and reward, a lack of support in the workplace, or an absence of fairness. A mismatch in values at work causes the most burn-out.