

STRESS FACTS

- **43% of all adults suffer adverse health effects from stress.**
- **75% to 90% of all doctor's office visits are for stress-related ailments and complaints.**
- **Stress is linked to six of the leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.**
- **The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. In terms of lost hours due to absenteeism, reduced productivity and workers' compensation benefits, stress costs American industry more than \$300 billion annually.**
- **The lifetime prevalence of an emotional disorder is more than 50% often due to chronic, untreated stress reactions.**

As seen in Charles Stanley's *In Touch* April 2006