

Stressed Out!

Of course you have heard the phrase “stress is a killer”. I thought it would be good to take a look and see if it is true. So here we go! I’m already feeling stressed!

Are you? Take a look at yourself. Stress symptoms: tight shoulders, digestive upset, recurring headaches, increased tendency to lose temper or become upset.

75% of Americans experience symptoms related to stress in a given month: 77% experience physical symptoms; 73% experience psychological symptoms; 33% feel they are living with extreme stress; 48% feel their stress has increased in the past 5 years.

66% of Americans blame stress for their nighttime tossing and turning.

[Hutchinson Cancer Research Center](#), 2006

Physical symptoms of stress (percent of people who experience the following stress symptoms): fatigue 51%, headaches 44%, upset stomach 34%, muscle tension 30%, change in appetite 23%, teeth grinding 17%, change in sex drive 15%, and feeling dizzy 13%.

Psychological effects of stress (percent of people who experience the following stress symptoms): irritability or anger 50%, feeling nervous 45%, lack of energy 45%, feel like crying 35%, and lying awake at night 48%.

The Studies & Stats.

90% of all disease is stress related! [CDC](#), 2011

Stress helps account for 66% of doctor visits and 50% of the deaths to Americans under 65. Stress is implicated in heart, stomach & mental disorders, headaches, backaches, high blood pressure & high cholesterol levels. [CDC](#), 2011

Workplace stress costs more than \$300 billion per year in health care and missed work.

[American Institute of Stress](#), 2011

Stressed workers health costs are 46% higher, or \$600 more per person, than other employees.

National Institute for Occupational Safety and Health, 2011

Stress is responsible for: 19% of employee absenteeism, 40% of employee turnover, 60% of workplace accidents costs, and 60-90% of doctor visits. [American Institute of Stress](#), 2006

Work stress increases: cardiovascular problems 2x, anxiety/depression 2-3x, substance abuse 2x, infectious disease 2-3x, certain cancers 5x, back pain 3x, and injuries 2-3x. Luminari Landmark Study, 2004

The Cure!

Stretching, breathing, relaxation and meditation are effective in managing stress.

Regular exercise helps people suffering from depression. Group exercise 3 times per week worked as well as drugs. Psychosomatic Medicine, Sept 2007

Stretching 4 times per week led to falling asleep 30% faster and decreased the use of sleep medications by 60%.

[Hutchinson Cancer Research Center](#), 2006

Here is a great quote from the movie Patch Adams: “Laughter increases the secretion of [catecholamines](#) and [endorphins](#), which increases oxygenation of the blood, relaxes arteries, increases heart rate, decreases blood

pressure, which has a positive effect on all cardiovascular and respiratory ailments, as well as increases the immune system response.” American Journal of Medicine “[Patch Adams](#)”

More ideas: click here to find other ways of [managing your stress](#).