

Impact of Stress on Health Risk

There are at least three different types of stress¹



Routine stress related to work, family, and other daily responsibilities



Stress brought about by a sudden negative change, such as losing a job, divorce, or illness



Traumatic stress in a dangerous event like a major accident, war, assault, or a natural disaster

all types carry physical and mental health risks



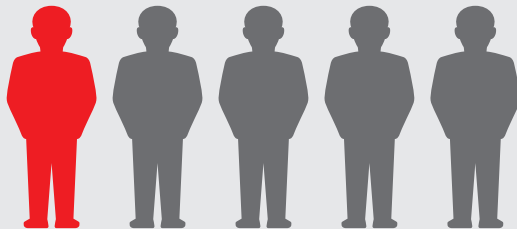
25%
of Americans say that stress has a strong impact on their physical health³



43%
of all adults suffer adverse health effects from stress²



28%
of Americans say that stress has a strong impact on their mental health³



1 in 5 Americans say that they have either considered skipping or skipped going to the doctor in the past year when they needed health care because of financial concerns.³

Sources

1) Fact Sheet on Stress, National Institute of Mental Health. 2012.

http://www.nimh.nih.gov/health/publications/stress/Stress_Factsheet_LN_142898.pdf

2) The Effects of Stress, WebMD. <http://www.webmd.com/balance/stress-management/effects-of-stress-on-your-body>

3) Stress in America, Paying with our Health. American Psychological Association. February 4, 2015

For more information, call 800.869.0751

