

# STRESS by the Numbers

62%

\$300 billion

41%

75%

83%



Yearly cost to American companies attributed to employee stress-related issues



Number of people who feel tense or stressed out at work on a regular basis



Number of people who list financial concerns as their No. 1 cause of stress



Number of people who think stress strongly affects their health



Number of Southerners who cope with stress with positive thinking