

# 44% OF AMERICANS REPORT INCREASING STRESS LEVELS

## TOP STRESSORS

Money · Family · Work

**MOST AMERICANS SUFFER FROM MODERATE TO HIGH STRESS**, and over the past five years, 44% of people have reported increasing stress levels. Their top stressors are money, work and family responsibilities. Moderating your stress level is crucial to mental and physical health. Here are some ways to reduce stress and start living a happier, more relaxed life:



**Exercise** can reduce stress levels, increase confidence and help you sleep better.



**Spending time with friends and family** can take your mind off of stressful situations—and don't be afraid to talk about what's bothering you.



**Telling people "no"** is important to reducing stress. Setting boundaries gives you more "me time" and helps you avoid taking on more than you can handle.



**Managing your time well** can leave you with extra time to focus on more fulfilling priorities.



Surround yourself with **laughter and positivity**. Being in a happy environment helps you become more joyful and reduce stress.



**Listening to music** will keep you distracted and put you in a better mood overall.