A LITTLE STRESS CAN BE

A POSITIVE, BUT IT IS A PROBLEM WHEN IT CONTINUES WITHOUT RELIEF

STRESS IS SUBJECTIVE –

ONLY THE PERSON EXPERIENCING IT CAN DETERMINE ITS SEVERITY

CHRONIC STRESS CAUSES

WEAR AND TEAR ON THE BODY

94%

OF WORKERS REPORT FEELING STRESS AT WORK

IF YOU HAVE THOUGHTS

OF HURTING YOURSELF, SEEK HELP IMMEDIATELY!!! DIAL 9-8-8!!!

63%

OF WORKERS ARE READY TO QUIT THEIR JOB TO AVOID WORK-RELATED STRESS

STRESS CAN BE A SHORT-TERM

ISSUE OR A LONG-TERM PROBLEM

55%

OF AMERICANS ARE STRESSED DURING THE DAY

REVIEW ONLY