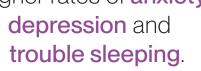
The State of Stress Prevention

Less than half of U.S. adults have enough funds to cover expenses for three months in case of an emergency. - Pew Research

People with **strong** time management skills are more productive, satisfied and better at achieving their goals. - University of Pennsylvania

People who check the news several times a day report higher rates of anxiety,



- American Psychological Association





Though most Americans value family time during the holidays, 75% also need time for a moment alone. - One Poll

The top causes of stress in America are **health**, **money** and the **economy**.







41% of adults report that their stress increases during the holiday season.

- American Psychological Association

Having strong, supportive relationships is a better predictor of lifelong happiness than money or career success.

- Harvard University



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Stress Prevention Toolkit

