

# 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, depression** and **trouble sleeping**.

- *American Psychological Association*



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

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



- *Statista*



**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*



Visit [LucetHealth.com](https://www.lucethealth.com) to view the  
**Stress Prevention Toolkit**