

DID YOU KNOW...

STRESS RELATED DISORDERS ARE TO BLAME FOR 75% OF DOCTOR VISITS, ACCORDING TO THE AMERICAN ACADEMY OF FAMILY PHYSICIANS?

9 OUT OF 10 ADULTS EXPERIENCE HIGH LEVELS OF STRESS ON THE JOB ONE TO TWO TIMES PER WEEK?

JOB STRESS COSTS BUSINESSES MORE THAN \$150 BILLION EACH YEAR IN WORKPLACE INJURIES, WORKERS COMPENSATION, ILLNESS, ABSENTEEISM, TARDINESS AND POOR PERFORMANCE?

STRESS CAUSES 1 MILLION PEOPLE TO MISS WORK EVERY DAY, ACCOUNTS FOR 50% OF EMPLOYEE BURNOUT AND 40% OF WORKFORCE TURNOVER?

WE ALL LEAD BUSY, HECTIC LIVES FILLED WITH POSITIVE AND NEGATIVE EVENTS THAT CONTAIN STRESS. FOR EXAMPLE, STRESS IS ASSOCIATED WITH THE FOLLOWING EVENTS:

1. PLANNING A WEDDING
2. HAVING A BABY
3. BALANCING A CAREER & FAMILY
4. BUYING A HOME OR RELOCATING
5. SUFFERING THE LOSS OF A LOVED ONE
6. RETIREMENT

WHAT THE EXPERTS ARE SAYING:

THREE QUICK WAYS TO REDUCE STRESS ARE GOING FOR A WALK, STRETCHING OR BREATHING EXERCISES, AND JUST GETTING AWAY FROM YOUR DESK AT WORK.

53% OF PEOPLE CONTROL STRESS BY GOING FOR A WALK OR WORKING ON A HOBBY.

Maryellen Gor, Growing Your Personal Garden
www.WateringCanProductions.com