

# Stressed Out



**ONE-THIRD** of American children ages 8 to 17 say they worry about their family's finances.

## Kids' top coping mechanisms:

listening to music  
**44%**

eating  
**26%**

Mom? Dad?  
talking to their parents  
**22%**

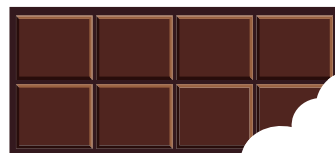
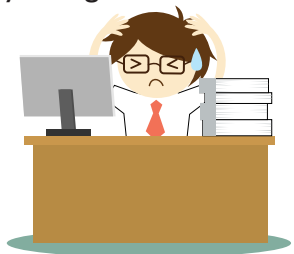


**STRESS BALLS, RELAXATION TAPES** and other stress-fighting products and services account for **\$14 BILLION** of spending in the U.S. EACH YEAR.



Globally, more than three out of five doctor visits are **STRESS-RELATED**.

62% of Americans are stressed about **WORK**, according to the American Psychological Association.



Eating 1.4 ounces of **DARK CHOCOLATE EVERY DAY** for two weeks was shown to reduce stress.

Each year, more than **275,000,000 working days**

are lost in the U.S. because of absenteeism resulting from stress.

**M T W SICK F**

**TWO-THIRDS** of spoken curse words

are a result of stress.  
@!#\$%\*!#

Swearing accounts for **80** of the **15,000 words** typically spoken per person per day.

Check out the information on stress found on the Live Healthy section of [www.StateSC.SouthCarolina.Blues.com](http://www.StateSC.SouthCarolina.Blues.com).

\*All facts courtesy of FastCompany.com.

