



Toolbox

Stress is a fact of life. A 2017 American Psychological Association survey found that a whopping 80% of respondents reported experiencing at least one symptom of stress over the last month.¹

Everyone feels stress in different ways and reacts to it in different ways. How much stress you experience and how you react to it can lead to a wide variety of health problems. That's why it's critical to know what you can do about it. Stress may affect behaviors and factors that increase heart disease risk. (For example, some people may choose to drink too much alcohol or smoke cigarettes to manage their chronic stress) however these habits can increase blood pressure and may damage artery walls.