# Wellness – How to Mitigate Stress Stats and Facts

## FACTS

1. **Mindfulness and Meditation:** Regular mindfulness practices, such as meditation or deep breathing, reduce cortisol levels and improve emotional regulation, mitigating workplace and personal stress.
2. **Physical Activity**: Exercise, like walking or yoga, boosts endorphins and reduces stress, but many adults lack time or access to incorporate it into daily routines.
3. **Workplace Interventions:** Flexible schedules, Employee Assistance Programs (EAPs), or stress management training help reduce job-related stress, yet many employers lack such programs.
4. **Social Support:** Strong connections with colleagues, friends, or family buffer stress, but social isolation, especially in remote work, can exacerbate stress levels.
5. **Time Management:** Poor prioritization or overloading schedules increases stress, while techniques like task delegation or setting boundaries improve work-life balance.
6. **Sleep and Nutrition:** Inadequate sleep or unhealthy eating habits amplify stress, while consistent sleep schedules and balanced diets support stress resilience.

## STATS

- The CDC’s 2022 National Health Interview Survey reported that 29% of U.S. adults experienced high stress levels, with 40% citing work as a primary source.
- A 2023 American Psychological Association survey indicated that 77% of workers experienced work-related stress, with 20% reporting no access to stress management resources.
- The Canadian Centre for Occupational Health and Safety (CCOHS) noted in 2023 that workplaces with stress management

programs (e.g., mindfulness, EAPs) reduced absenteeism by up to 15%.

- A 2022 Journal of Occupational and Environmental Medicine study estimated that workplace stress cost U.S. employers $190 billion annually due to healthcare costs and lost productivity.
- A 2020 Canadian Medical Association Journal study found that 35% of workers practicing regular physical activity reported lower stress levels compared to sedentary peers.
- A 2024 Mental Health America report stated that 50% of employees who used mindfulness or meditation apps reported improved stress management, particularly in high-pressure industries.