



American Heart Association.

Healthy for Good™

# STRESSED OUT? YOU'RE NOT ALONE

Even before the coronavirus pandemic, Americans were among the most stressed populations in the world. But in a 2022 survey, about three quarters (76%) of adults reported their physical or mental health was affected negatively. Around one third of adults felt completely overwhelmed with stress daily — 46% were under the age of 35 and 42% were between ages 35 to 44.



**Stress can fuel unhealthy behaviors, such as:**

- Smoking
- Overeating
- Physical inactivity

**Over the long-term, chronic stress may contribute to risk factors for heart disease and stroke including:**

- High blood pressure
- Diabetes
- Inflammation and plaque buildup in the arteries
- Depression and anxiety

## UNIQUE STRESSORS

Underrepresented racial groups may face a greater risk of high blood pressure, heart disease and poor outcomes for heart conditions due to stress, depression and anxiety linked to social and economic inequality, discrimination and other societal factors.



## YOU CAN FEEL BETTER

Try different techniques to manage day-to-day stress, including pandemic-related stress from staying home. Build resilience with healthy habits such as quitting smoking, getting enough sleep and eating nutritious foods. Try out mindfulness practices such as meditation and gratitude.

**Focus on:**

- Physical activity
- Healthier eating
- Not smoking
- Better sleep quality

The American Heart Association has tools to help. Learn more at [heart.org/BeWell](https://heart.org/BeWell).

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