
The Dangers of Stress from A to Z

A	WebMD estimates that 75% to 95% of all doctors' visits are stress related.
B	OSHA has determined that stress in the workplace cost American companies over 150 billion dollars each year.
C	According to Harvard Medical Journal 80% of Disease is Stress Related.
D	The AMA states that stress is a factor in over 75% of illness today.
E	The British Medical Association has discovered that stress drastically increases the likelihood of suicide.
F	Harvard University has found sustained over time, stress can undermine health in serious and sometimes deadly ways.
G	Yale School of Medicine discovered that uncontrollable stress is a major contributing factor for psychiatric disorders.
H	Oxford University has found that stress may cause thoughts to become jumbled and confused. Thinking becomes focused on worrying. We may become preoccupied with problems.
I	According to a U.S. government website financial stress can put a strain on your mental health.
J	One-fourth of employees view their jobs as the number one stressor in their lives.- <i>Northwestern National Life</i>

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K	Three-fourths of employees believe workers have more on-the-job stress than a generation ago- <i>Princeton Survey Research Associates</i>
L	Problems at work are more strongly associated with health complaints than are any other life stressor-more so than even financial problems or family problems.- <i>St. Paul Fire and Marine Insurance Co</i>
M	Health care expenditures are nearly 50% greater for workers who report high levels of stress- <i>Journal of Occupational and Environmental Medicine</i>
N	Suicide, Cancer, Ulcers, and Impaired Immune Function. Some studies suggest a relationship between stressful working conditions and these health problems- <i>Encyclopedia of Occupational Safety and Health</i>
O	According to a study by the American Academy of Family Physicians, 43 percent of all adults suffer adverse health effects related to stress.
P	Dr. Oz states that stress isn't just in your head. It manifests itself in your body in the form of knotted muscles, painful digestion, troubled sleep, and worse.
Q	According to psych-net, 60-80% of industrial accidents are due to stress. Some, like the Exxon Valdez oil spill and Three Mile Island nuclear disaster have direct cleanup costs of billions of dollars, not to mention environmental damage that cannot even be estimated.
R	Three out of every four American workers describe their work as stressful. The problem is not limited to the U.S. Occupational stress has been defined as a "global epidemic" by the United Nations' International Labor Organization.
S	The U.S. Justice Department found that half million workers miss time due to stress on the job at the rate of 1,751,000 work days per year, costing \$55 million in lost wages.

Courtesy of John Kalinowski CH, CTA

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T	<i>The Wall Street Journal</i> reported that employees under stress may make more mistakes, have trouble concentrating, become disorganized, become angry or just stop caring about their work.
U	Blue Cross/Blue Shield found the tangible costs of employee stress staggering.
V	According to a 2007 nationwide poll by the American Psychological Association, 75% of Americans list work as a significant source of stress.
W	Ravi Tangri's " <i>What Stress Costs</i> " study noted that 10% of medical costs go toward prescription drugs for anxiety-related conditions, and worker's comp accounts for a staggering 60%.
X	Stress has been called the "health epidemic of the 21st century" by the World Health Organization
Y	Compsych discovered that employees said that stress was responsible for errors and/or missed deadlines (21 percent)
Z	According to Web MD, stress costs approximately \$5,000 per employee per year.