80% of survey respondents reported that their stress level has either increased or stayed the same in the past year.

20% said their stress level is extreme - an 8, 9 or 10 on a 10-point scale.

Approximately seven in ten Americans report that they experience physical (69%) or non-physical symptoms (67%) of stress. Symptoms include irritability or anger (37%), fatigue (37%), feeling overwhelmed (35%) and changes in sleeping habits (30%).

9 out of 10 adults reported understanding that stress can contribute to the development of major health problems, such as heart disease, depression and obesity.

The following barriers were identified as preventing people from making lifestyle or behavior changes: lack of willpower (31%), lack of time (22%), the cost of making the change (16%) and stress (12 percent).

The role of technology in facilitating access to work outside normal office hours was named as the second highest cause of stress by three-quarters of employers (76%).
For detailed information on survey methodology, please see Stress in America™ survey