According to the American Institute of Stress, about 90% of all visits to primary care physicians are for stress related disorders, ranging from stomach trouble to heart disease. Job-related stress costs American businesses about $150 billion a year.

Throughout the month, stress awareness information will be distributed to employees through e-mail, intranet postings and the company newsletter. We hope that the information will be a valuable resource for all employees. Look forward to the first communication on ________________________.