

# *Stress Awareness*

## Health Education Program

### *Learning to relax*

According to the American Institute of Stress, an estimated 75-90 percent of visits to primary care physicians are for stress-related disorders, ranging from stomach trouble to heart disease. Surveys and studies confirm that occupational pressures and fears are the leading source of stress for American adults.

Throughout the month, stress awareness information will be distributed to employees through email, intranet postings, and the company newsletter. We hope that the information will be a valuable resource for all employees. Look for the first communication on \_\_\_\_\_.



**AmeriHealth**

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