



## Dr. Darcy Lord - Author, Speaker, Stress-Reduction Expert

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# Why Stress Reduction & Self-Care Topics?

Research shows that reducing stress not only reduces health care costs, but can also increase energy, focus, creativity, work/life satisfaction and a sense of well-being.

The Journal of the American Medical Association (JAMA) published a study which concluded, **“Workplace stress is as bad for your heart as smoking and high cholesterol.”**

JAMA. 2007; 298 (14): 1652-1660. Corine Aboa-Éboulé, MD, et.al.

In 2007 the American Psychological Association (APA) reported that **one-third of Americans are living with extreme stress** daily.

<https://www.apa.org/pubs/info/reports/2007-stress.doc>

In 2010 the APA reported that, **“The majority of Americans are living with moderate or high levels of stress, and while they understand that this is not healthy, they’re stymied in their efforts to make changes.”**

<http://www.apa.org/news/press/releases/stress/2010/national-report.pdf>

**“It is well established that stress interferes with mental processes such as memory, concentration, judgments and decision making.”**

Society for Neuroscience, 2008. L. Jones

Nearly **50% of Americans say they regularly lie awake at night because of stress** and are more stressed now than they were five years ago, according to the American Psychological Association.

<https://www.apa.org/news/press/releases/stress/2011/final-2011.pdf>

The Journal of the American Medical Association (JAMA) has confirmed the **link between stress and increased risk for heart attacks, depression and cancer** (2007, 298(14), p. 1685).

JAMA. 2007; 298 (14): 1685. Cohen, et. al.