

# 1 IN 3 AMERICANS SAY THEY ARE UNDER HIGH-STRESS LEVELS



## No-Stress

- Boomers **22%**
- African-American **15%**
- Male **16%**

Stressor for AA Boomers:  
*Financial resources for the future* **52%**

Manages Stress:  
*Listening to Music* **49%**  
*Spend time outdoors* **43%**



## STRESS-O-METER



## High-Stress

- Millennials **35%**
- Hispanic **34%**
- Female **35%**

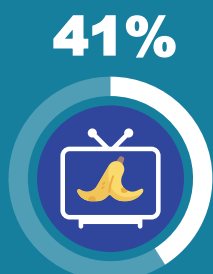
Stressor for Hispanic Millennials:  
*COVID-19* **48%**

Manages Stress:  
*Listening to Music* **54%**  
*Watch videos and TV* **48%**

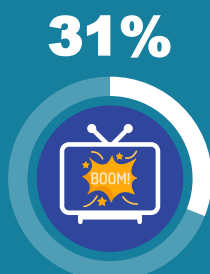
## What's the main cause for stress?



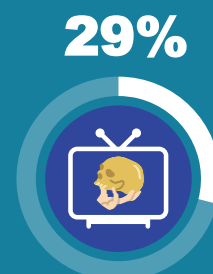
## What kind of TV shows or movies stressed people watch to help them cope?



Comedy



Action Movies



Drama