



STRESSED OUT? YOU'RE NOT ALONE

Even before the coronavirus pandemic, Americans were among the most stressed populations in the world. But in a 2020 survey, about 1 in 5 U.S. adults — including 19% of millennials (ages 24 to 41) and 34% of younger adults — said their mental health was worse than it had been the previous year.

Stress can fuel unhealthy behaviors, such as:

- Smoking
- Overeating
- Physical inactivity

Over the long-term, chronic stress may contribute to risk factors for heart disease and stroke including:

- High blood pressure
- Diabetes
- Inflammation and plaque buildup in the arteries
- Depression and anxiety

UNIQUE STRESSORS

People of color may face a greater risk of high blood pressure, heart disease and poor outcomes for heart conditions due to stress, depression and anxiety linked to social and economic inequality, discrimination and other societal factors.



YOU CAN FEEL BETTER

Try different techniques to manage day-to-day stress, including pandemic-related stress from staying home. Build resilience with healthy habits like quitting smoking, getting enough sleep and eating nutritious foods. Try out mindfulness practices like meditation and gratitude.

Focus on:

- | | | |
|-------------------|----------------------|------------------------|
| Physical activity | Not smoking | Practicing mindfulness |
| Healthier eating | Better sleep quality | |

The American Heart Association has tools to help. Learn more at heart.org/BeWell.