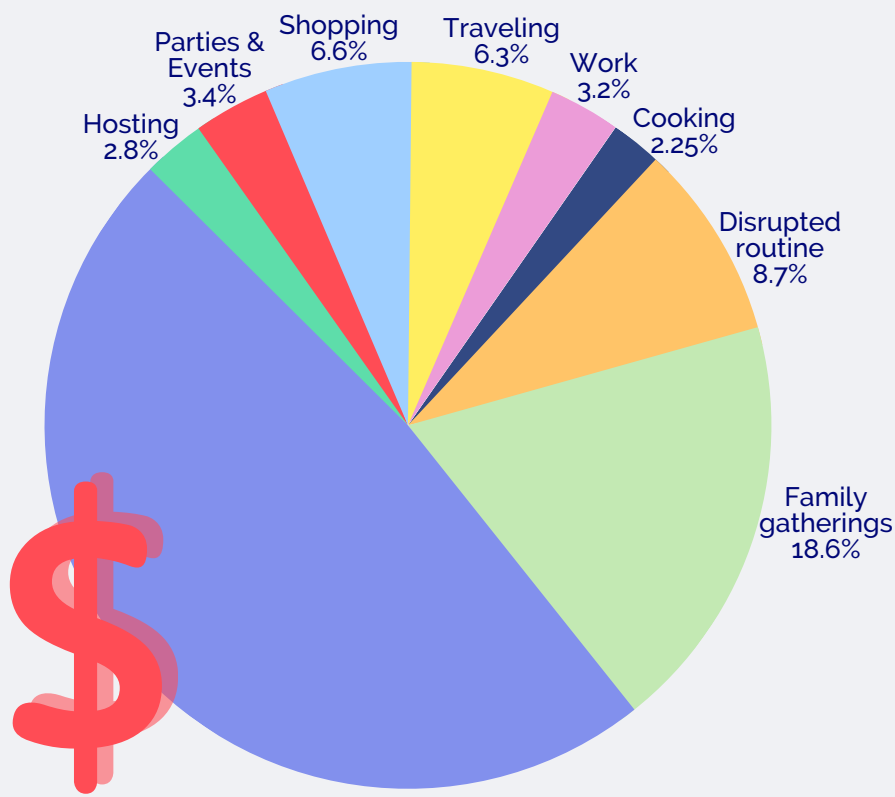
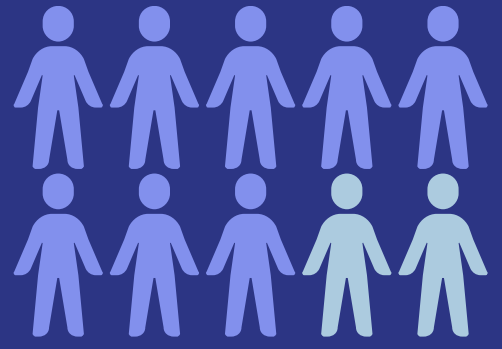


Holiday Stress in America

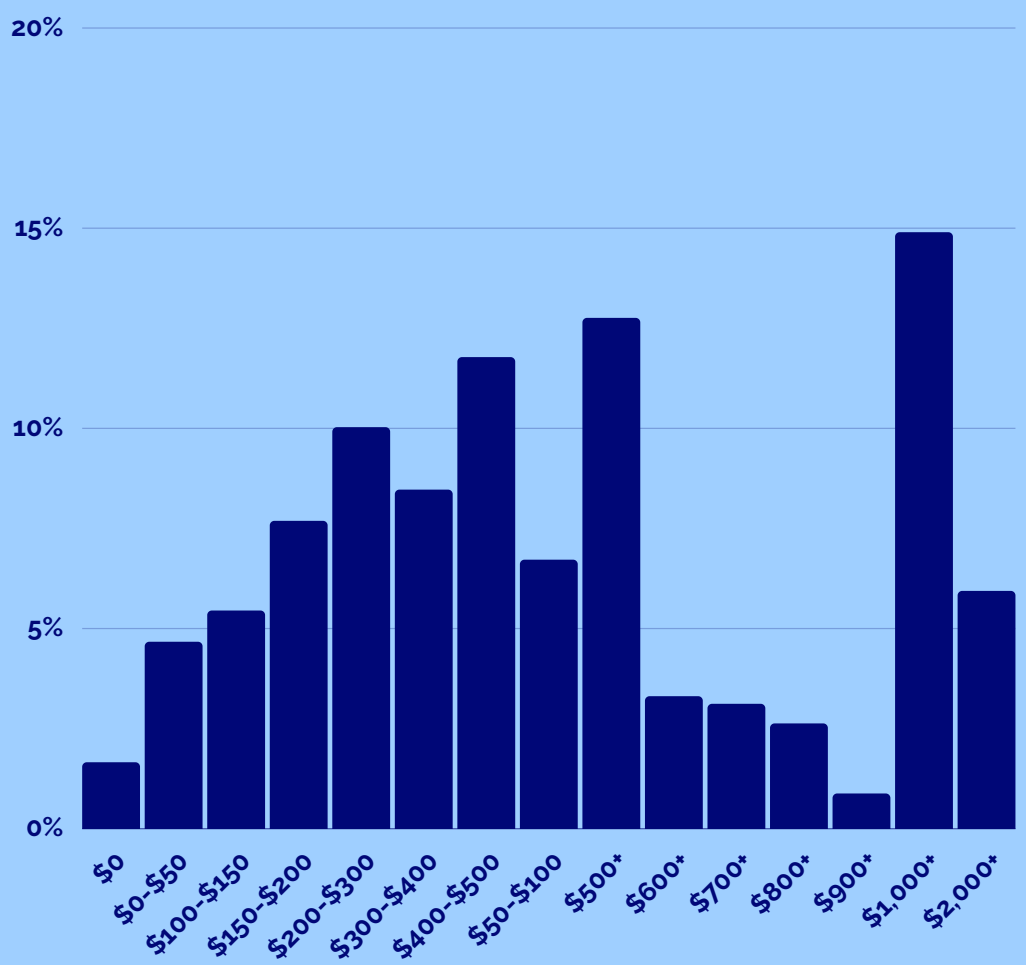
8 in 10

Americans report increased stress during the holiday season



48.16% of Americans say money is the biggest stressor over the holidays

Over 50% of Americans say they expect to spend \$400+ this holiday season



Health Changes Over The Holidays

