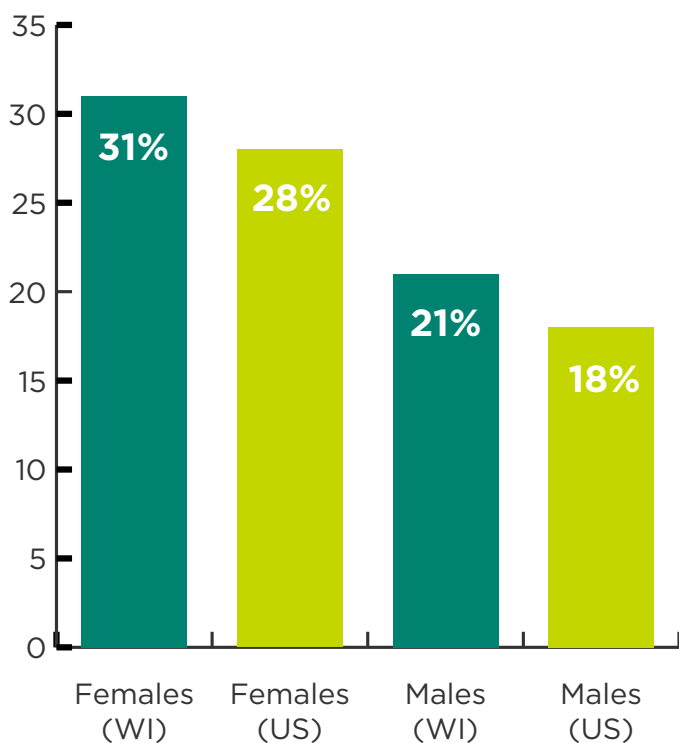


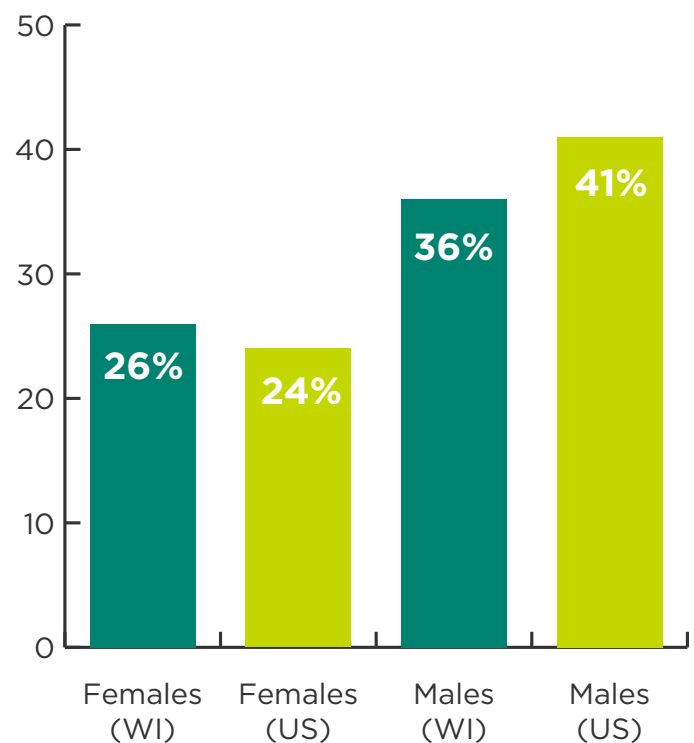
How Wisconsin Manages Stress

When asked about how they manage stress, responses from men and women vary significantly, both nationally and in Wisconsin.

Percentages of moderately to extremely stressed people



Percentages of those who believe they manage stress well



To learn more about Quarterly Health of Wisconsin Report, or for additional study insights or previous studies, visit aurora.org/healthreport.

The margin of error for the study is +/- 3.6 percent.