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**ASPEN
Answers**

by Kathleen Cook, MS, LMFT

ARE YOU PART OF THE 20 PERCENT?

If you are feeling very stressed, you may take at least some solace in the fact that many of the people around you share the same feelings. According to the annual "Stress in America" survey conducted by the American Psychological Association, more than one in five Americans say that they experience chronic "severe stress." Only 29% of adults think that they are doing an excellent or very good job of managing or reducing stress. Oddly, only 31% of the survey's respondents believe that their stress levels adversely affect their health despite scientific evidence that shows the contrary to be true. Perhaps there is a degree of denial involved. Addressing the matter head-on may help avert stress and its consequences.

Stress can have pervasive and long-lasting effects on your health, your family, and other aspects of your life. If you feel overwhelmed by stress, please call our office for an appointment. Our compassionate counselors can provide you with proven techniques for dealing with stress, reducing stress and mitigating stress's negative effects on you life. We can also help you if you're wrestling with grief, depression, or anxiety. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Road, Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. The one piece of good news to take away from the study mentioned above is that Americans' stress levels are down by a slight margin from last year.

ASPEN
Family Counseling
www.aspenfamilycounseling.com