

Chronic Stress

Why Is This Important?

Stress is a fact of life. Sources of social stress include life events, daily hassles and personal conflicts. Stress can be short-term (acute) or can build up over a long period of time and become chronic. Although mild amounts of stress can increase productivity, chronic stress is related to poor self-rated health and self-rated mental health. Both physical and mental illness can cause stress, and stress can cause illness by affecting the body and mind directly, or by indirectly affecting health risks and behaviours such as [smoking](#), [heavy drinking](#), and [sedentariness](#). Men and women who are socially disadvantaged generally report higher levels of stress.

What Is Being Done?

Canadian Mental Health Association stress [checklist](#)

[Saskatoon Crisis Intervention Service](#)

[Working Together for Change: A 10-year Mental Health and Addictions Action plan for Saskatchewan](#)

To Learn More:

[What is Health Equity?](#) A Primer for the Health Care System

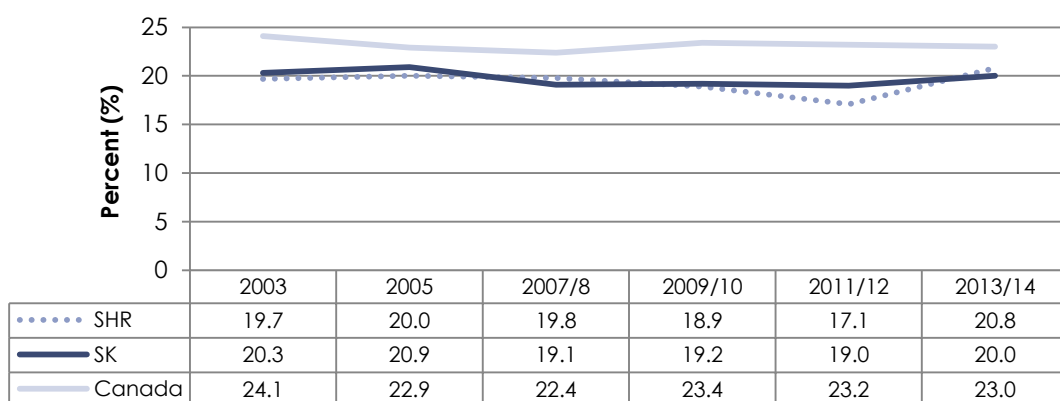
Chief Medical Health Officer's [Call to Action](#)

Highlights

Daily stress is a concern for some in the Region.

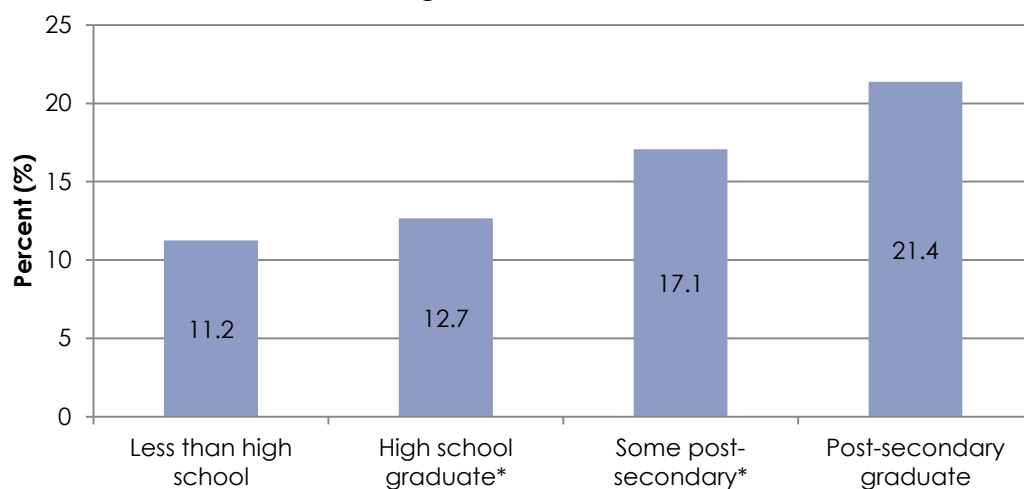
- More than one in five (20.8%) people in the Region reported that most days were “quite a bit” or “extremely” stressful in 2013/14 (Figure 1). While the rate is lower than the Canadian rate of 23.0%, this means that over 57,000 people in the Region feel stressed most days.
- Those with at least some post-secondary education were significantly more likely to report high stress levels compared to those with less than a high school education (21.4% compared to 11.2%; Figure 2).
- Stress levels vary by [sub-group](#), including age and education.

Figure 1: Individuals Reporting High Levels of Stress, Saskatoon Health Region, Saskatchewan, and Canada, 2003 to 2014



Source: [Statistics Canada](#)

Figure 2: Individuals Reporting High Levels of Stress by Educational Attainment, Saskatoon Health Region, 2008 to 2012



*High variability. Use with caution. This study was conducted, in part, with data provided by the Saskatchewan Ministry of Health to the Health Quality Council. The interpretations and conclusions herein do not necessarily represent those of the Saskatchewan Ministry of Health or Government of Saskatchewan. The analyses are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.

Source: [Statistics Canada](#)