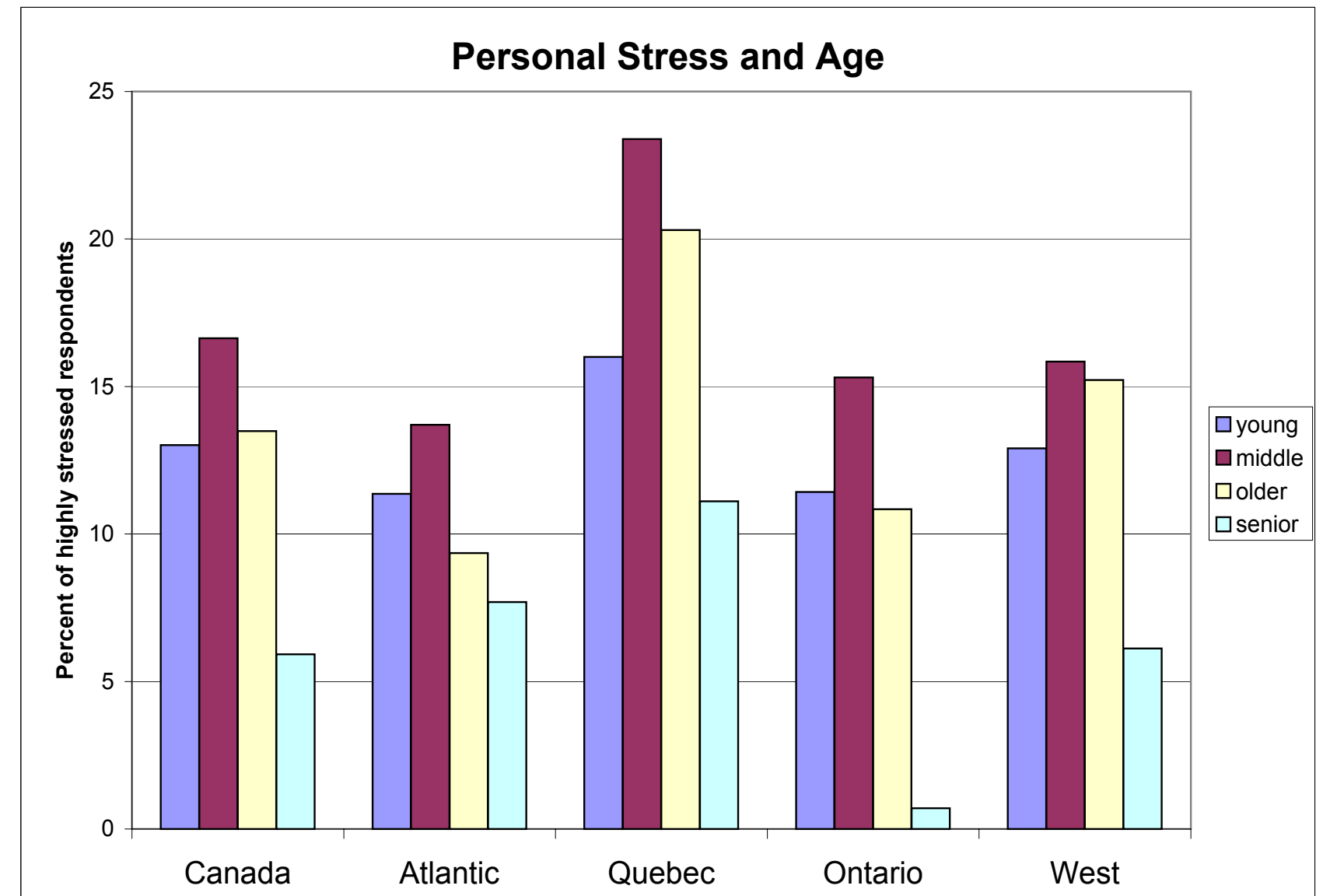
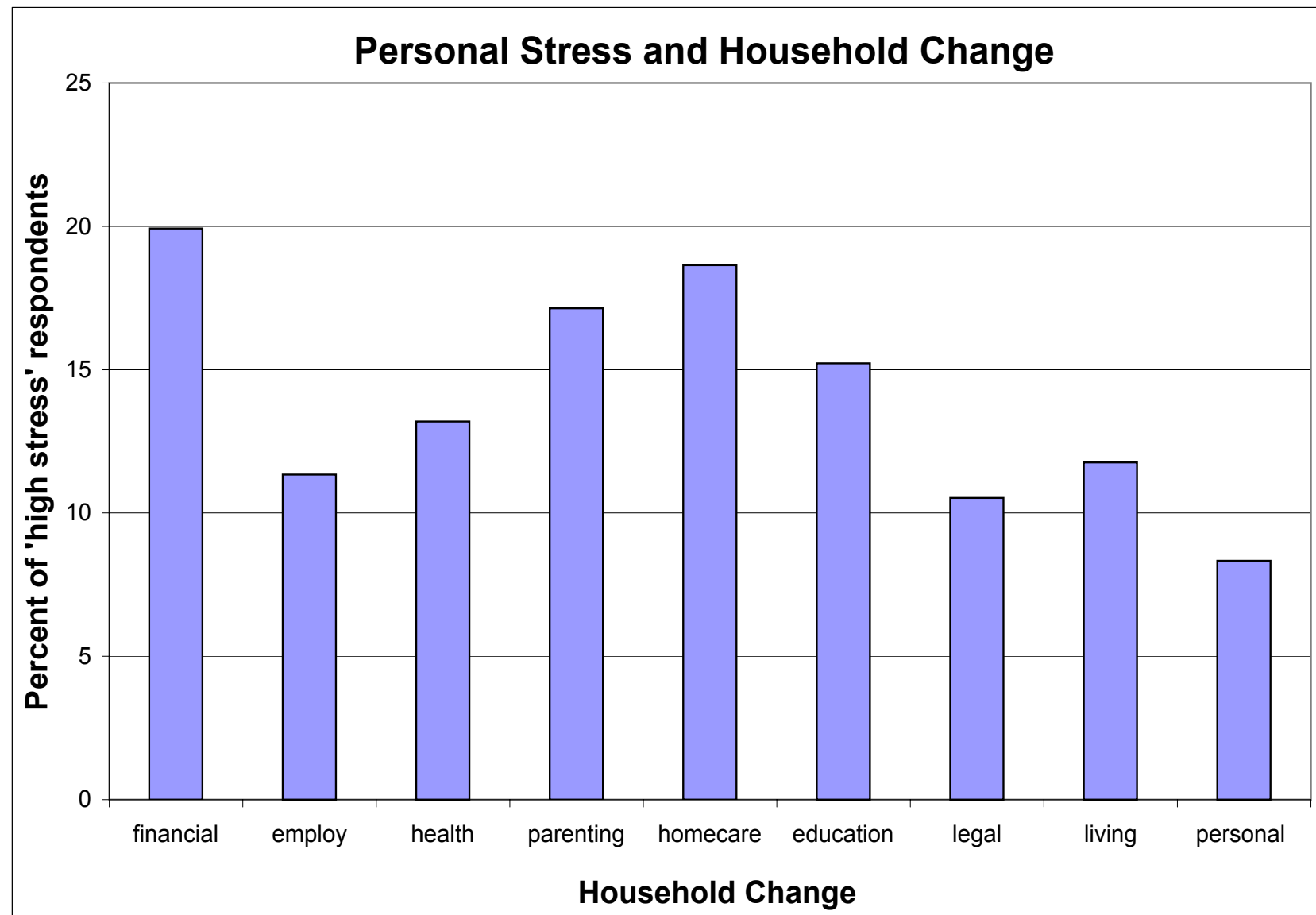


# RURAL MATTERS

## Stress Matters



NRE survey results show that 13% of rural Canadians experience high levels of stress.

17% of middle aged adults, 35 to 49 years old, were among those with the highest stress scores.

71% of households experienced a major change in past year. Health and financial changes within the household are the most frequent.