

## DO YOU HAVE ONE OF THE MOST STRESSFUL JOBS?



For many Americans in the world today, stress is an integral part of our day-to-day work. Whether it is caused by looming deadlines, trying to balance demands both with out job and with out family, or a career that involves risks to life and limb on a daily basis (or even on a routinely basis), stress can actually help us do better at our job--by keeping us on high alert at all times--and take a toll on our physical, as well as mental at times, health, by putting us at an increased risk for numerous diseases. It's not very surprising that some of the most stressful jobs include having to protect everyone else from harm. Some of those jobs include firefighters, who in addition to having to fight fires they also have to frequently come into contact with hazardous materials and deadly gasses, and police officers, who battle crime and deal with highly dangerous criminals. Military generals, who are in charge of coming up with the defense strategies, and maintaining the troops strength and moral, have one of the most stressful jobs today, as do the airline pilots, who are responsible for the safety and well-being of the scores of passengers as well as the entire crew on board the plane. An evaluation of jobs that have the most stress tied to them, factors includes ones that invoke stress in the body and mind. Jobs that have a dangerous setting, have demanding deadlines or involve repetitive detailed work can increase peoples' stress levels. But stress it not just limited to a particular job, industry or even education level. "Not all jobs are created equal when it comes to stress levels," says a stress analysts, Tony Lee. Avoiding the workplace stress is not as hard as it seems to be, he says. There are many career options for those who are looking to keep stress levels at a minimum level. Fortunately, stress and pay do not go together. In other words, the workers do not necessarily have to have to most demanding and stressful jobs in order to bring home a really big paycheck. Actually, Lee says, "The most stressful job from our research this year pays about the same as the least stressful job." CareerCast's 10 Most Stressful Jobs For This Year: 10. Taxi Driver--Average Income: \$22,440 9. Photojournalist--Average Income: \$40,000 8. Corporate Executive (Senior)--Average Income \$16,830 7. Public Relations Executive--Average Income \$91,810 6. Event Coordinator--Average Income \$45,260 5. Police Officer--Average Income \$53,540 4. Military General--Average Income: \$196,300 3. Airline Pilot--Average Income: \$103,210 2. Firefighter--Average Income: \$45,250 1. Enlisted Military Soldier--Average Income: \$35,580