



Moms, Money & Mental Health

Uncovering the underlying causes of stress and anxiety facing mothers today.

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Introduction

Moms are busy. Between getting the kids to soccer practice, taking a spin class, or nailing an important client meeting, it's not news that a [sweeping majority](#) (88%) suffer from at least one stress-related health problem and 59% have problems with anxiety. It's clear moms don't have time to focus on their own physical and mental health. But what, exactly, is causing this stress and anxiety, and ultimately blocking moms' ability to live life well?

As long time advocates of better access to healthcare, especially for women, leading video medicine provider [Doctor On Demand](#) conducted a survey of over 1,000 moms in the United States to find out what triggers their stress and anxiety.

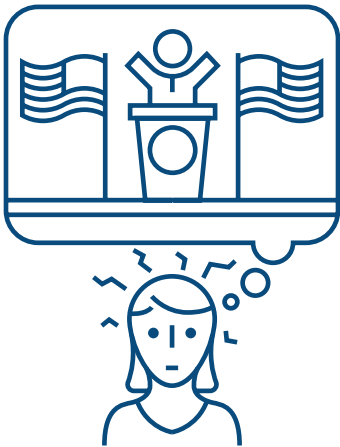
The study found that a majority of moms are suffering from anxiety and stress due to a few specific internal and externally-driven factors, such as personal finances and the political climate. While [studies have found](#) that self-care for mothers has positive impacts on her children and relationships, **75% of moms are unable to devote more than 1 hour a day to “me time” (time away from their job, kids, responsibilities, etc.), yet well over half (63%) feel guilty about making time for their personal health.**



Current Issues and Politically Driven Stress

Current issues, whether healthcare, politics, or challenges facing the US education system, are all taking their toll on Americans' mental health and wellbeing.

In particular, the mounting uncertainty about the future of the Affordable Care Act (aka Obamacare) and its potential replacement, the American Health Care Act, is making many Americans particularly nervous about what a new healthcare system will mean for their wallets ([USA Today, 2017](#)).



Over half of moms (56%) say that the current political climate is making them more anxious and stressed.



One in five moms (21%) say that healthcare costs are causing them anxiety; nearly the same amount (22%) cite terrorism.



Moms in the Northeast are 2.5X more stressed and anxious about the political climate than those in the South.



Healthcare costs give moms in the Midwest and South the most anxiety.



Moms in the West find the state of the education system most anxiety inducing.

Family and Finances

Stress about finances is something that most everyone experiences at one time or another. However, it seems like moms may feel it more than most.

Our report found that one in three moms, whether married or single, find finances to be the primary cause of stress and anxiety in their daily lives.

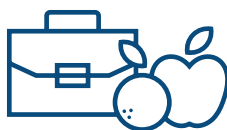
And of moms who said finances are the primary cause of stress and anxiety, they cited that stress and anxiety are affecting other areas of their lives as a result:



24% of moms said finances affect their relationship with their significant other.



22% of moms said finances affect their ability to parent the best they can.



And **13%** of moms said finances affect both their ability to excel at their job/ career and ability to eat healthy.

Tips to Managing Stress & Anxiety



Physical Activity

Going for a run gives your body what it wants: to feel in control. You will feel more in control because you're doing something for yourself. And getting physically fit which is great for your health.



Talk it Through

Many people feel alone with their stress and anxiety. But you don't have to. Speaking with a licensed therapist can give you the peace of mind you need.

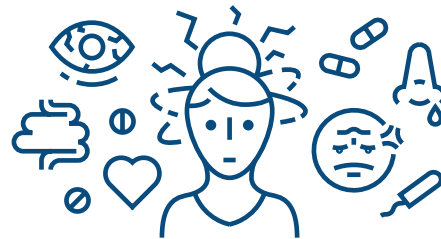
Parenting and Careers

It's no surprise that responsibilities cause stress. When things are expected of you from others, whether your kids, spouse, family, friends, or peers, you don't want to let the people leaning on you down. Juggling many demands can also impact a mother's ability to fit in self-care, which can have a direct impact on her health, children, and relationships.

Mothers' Source of Anxiety Differs



Stay-at-home/unemployed moms are **4X more likely** to cite that stress and anxiety affects their social life.



Working moms are **2X less likely** to cite personal health as a primary cause of stress in their day-to-day lives.

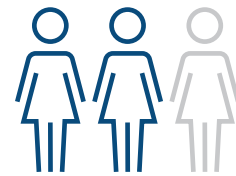
But a Busy Schedule Leaves Little Time for Your Personal Health



Three out of four moms (75%) are unable to devote more than 1 hour a day to “me time” (time away from your job, kids, responsibilities, etc.).

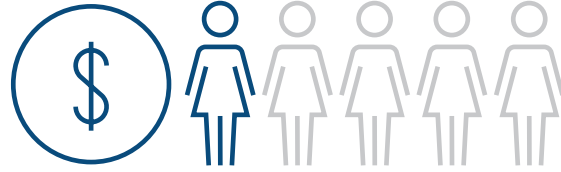
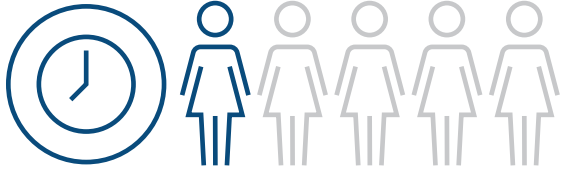


Nearly one in five working moms (17%) noted there is no such thing as “me time” in their day-to-day.



And over half (67%) of stay-at-home/unemployed moms admitted they have no more than 1 hour of “me time” each day.

Time and Money

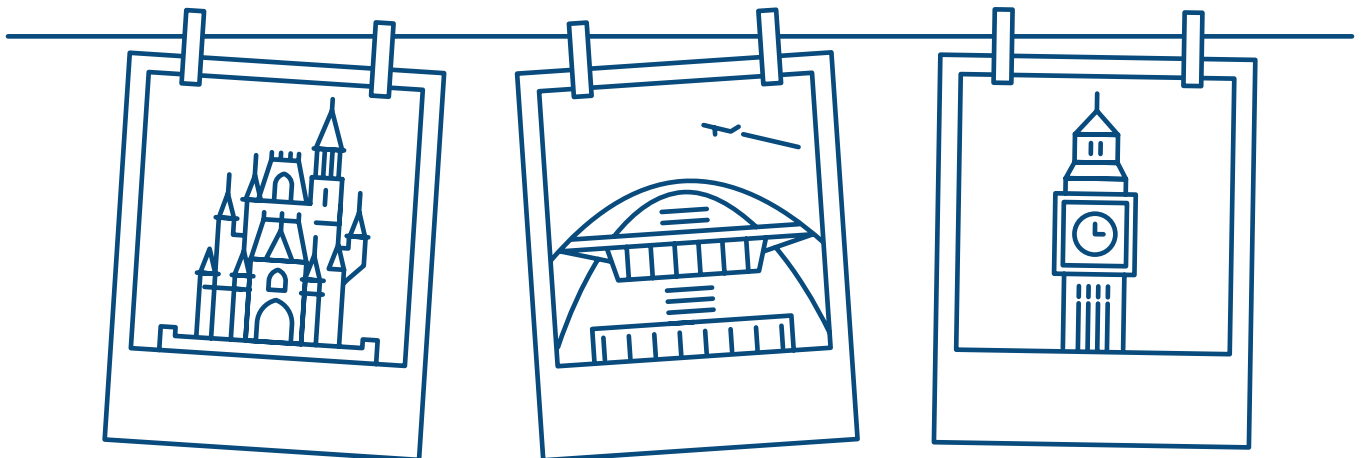


It always seems to come down to time and money. One in five moms don't seek support from a psychologist or psychiatrist due to lack of time and the cost of an appointment.

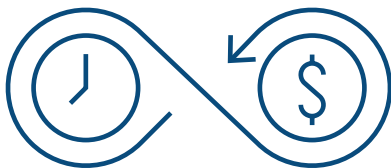
Where are moms spending their time? On screens -- parents browse websites and check social media as often as teens do. In fact, parents of tweens and teens spend about nine hours per day using screens, according to [Common Sense Media](#). And for moms, the effects are telling:

- **44% of moms admitted to feeling anxious or jealous seeing other mom's lives on social media. Comparing monetary status, parenting, and overall happiness were among the main triggers.**

Thankfully, there are solutions in today's technology-driven world to address both concerns related to getting the self-care moms are lacking.



What's Out There?



New Technology

Adoption of telemedicine technology has increased by roughly 3.5% per year from 54.5% in 2014 to 61.3% in 2016 to date ([HIMSS, 2016](#)).

Telemedicine providers, like [Doctor On Demand](#), provide a continuity of care for patients and save both time and money through its nationwide practice of fully employed physicians, psychologists, and psychiatrists, specially trained to treat patients through a video platform.

Patients can see a doctor within minutes or schedule an appointment at a time that works on their terms.

It's a perfect solution for getting moms the care they need without having to take the time out of their day (and money out of their wallets) driving to the nearest doctor's office, factoring in wait time and attending a session.

Methodology

The research report is based on an online multiple-choice questionnaire, fielded by SurveyMonkey from April 21-24, 2017 of 1,009 U.S. moms between the ages of 30-45 with kids ages 0-16 to identify the underlying causes of stress and anxiety for moms today – whether personal, or externally driven issues.