

And People Wonder Why We Left...

America's Most Stressful Cities

Few enjoy their commute. Just ask Stephen Dinwiddie, M.D., a psychiatrist at the University of Chicago.

"I think anybody who, like I do, commutes on the Kennedy on a daily basis knows exactly what stress is," he says, of his daily home-to-work commute on Chicago's expressway that extends from the Chicago Loop to O'Hare International Airport. "It takes anywhere from 30 minutes to several centuries—at least subjectively."

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But more pressing factors make Chicago for the second year in a row the country's most stressful city. Crowding, poor air quality, a high 11% unemployment rate and free-falling home values have created a cocktail of constant worry affecting many in the Windy City.

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