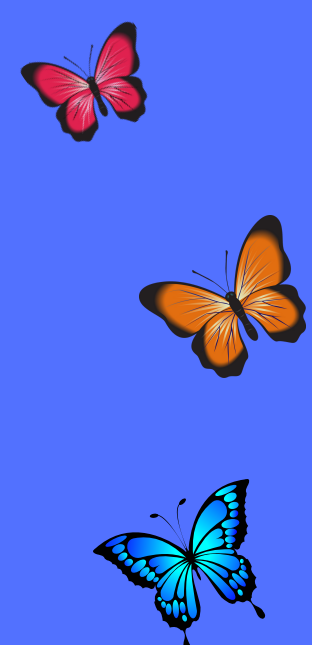




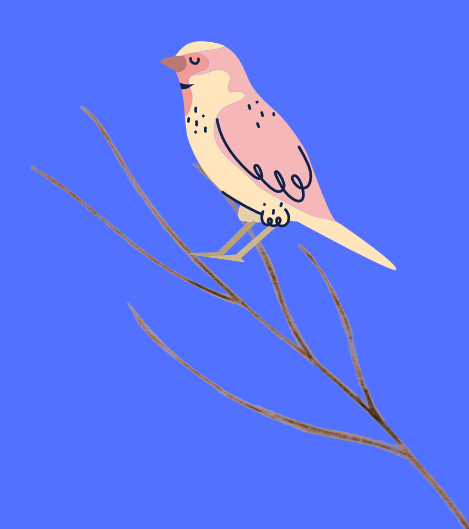
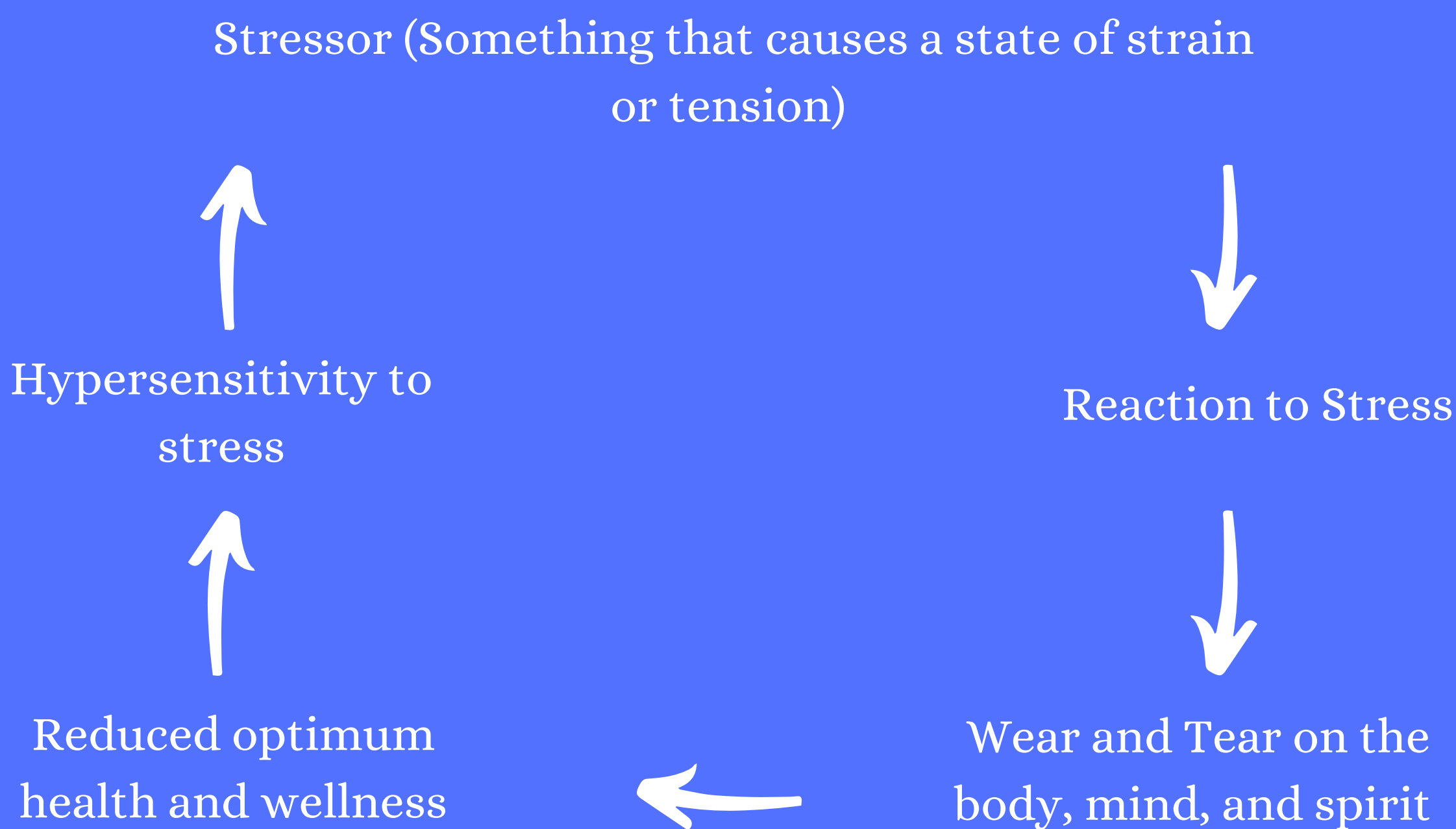
APRIL IS STRESS AWARENESS MONTH

What is Stress ?

Stress is a physical, mental, or emotional response to the demands of daily life. While stress can feel uncomfortable, it is a normal human reaction.



Stress Cycle



Break the Cycle!

Moderation is key! Stress can be positive in increments by keeping us alert and ready to avoid danger. Stress becomes an issue when stressors are present without periods of relaxation.

Evidence-Based Strategies to Prevent Stress

- Exercise 20-60 minutes (most days)
- Engage in relaxation techniques (e.g., Meditation, yoga, breathing exercises)
- Express yourself: Laugh when you can and cry when you need to!
- Spend time with friends, family, and others
- Get creative- draw, paint, and create

