

# WHAT STRESS DOES TO YOUR BODY

Some stress is normal, but too much can hurt your health.



— READY TO —  
**EXPLODE?**

## WHEN STRESS GETS OVERWHELMING:



Take slow, deep breaths.



Get outside if you can.



Go for a walk or do light stretches.



Talk to a friend.

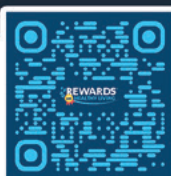


Don't turn to drugs or alcohol.



Relax. Listen to music, take a bubble bath, play with your pet.

THINK **POSITIVE**. THINGS WILL GET BETTER.



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