REWARDS FOR HEALTHY LIVING

WHAT STRESS DOES TO YOUR BODY

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

- Headaches
- Hair loss
- Heart disease
- Muscle pain
- Cravings for fat & sugar
- Upset stomach
- Diarrhea

- Memory problems
- Anxiety & depression
- Sleep problems
- High blood pressure
- Colds & flu
- Diabetes
- Belly fat
- Low sex drive

READY TO EXPLODE?

WHEN STRESS GETS OVERWHELMING:

- Take slow, deep breaths.
- Get outside if you can.
- Go for a walk or do light stretches.
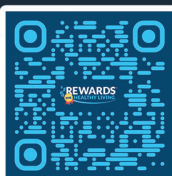- Talk to a friend.
- Don't turn to drugs or alcohol.
- Relax. Listen to music, take a bubble bath, play with your pet.

THINK POSITIVE. THINGS WILL GET BETTER.

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