

# STRESS:

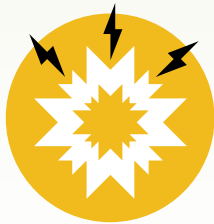
## WHAT YOU SHOULD KNOW:



Stress affects **everyone.**



**Not all stress is bad.** It helps keep us alert and focused.



**Too much stress can lead to negative health effects** such as poor concentration, reduced memory, and restlessness.



**Long-term stress** can contribute to diabetes, anxiety, depression and other serious mental health concerns.

**The good news is there are healthy ways to manage stress.**

**Practice self-care:**

- Stay physically active
- Get enough rest
- Meditate or use other relaxation techniques
- Lean on friends and family
- Find other support systems such as self-help groups in the community



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**IF YOU FIND YOURSELF OVERWHELMED, WE ARE HERE FOR YOU.  
CONTACT US TODAY.**

Source: National Institute of Mental Health, Substance Abuse and Mental Health Services Administration  
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