

Life can be stressful.

There is clear evidence that depression and anxiety are associated with stress.

YOU SHOULD KNOW:

- Stress affects everyone.
- Not all stress is bad.
- Long-term stress can harm your health.
- There are ways to manage stress.

WAYS TO COMBAT stress

- **Take a break from the stressor:** Even just 20-minutes to take care of yourself can be helpful
- **Exercise:** Aerobic exercise can help some people manage their anxiety
- **Smile and laugh:** Laughing can help relieve tension and improve the situation
- **Get social support:** Sharing your concerns or feelings with another person can help relieve stress
- **Meditate:** Meditation and other relaxation techniques such as guided imagery and yoga can help the mind and body to relax and focus

If you or someone you know is overwhelmed by stress, we can help.

We offer no-cost assessments 24 hours a day, 7 days a week.

For more information, call 800-753-5223 or visit summitoakshospital.com.



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