

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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and follow the instructions.