

National Stress Awareness Day

November 3, 2021



Chronic stress can result in **hypertension, heart disease, decreased immunity, loss of sociability, and decreased mental vitality.**

Stress is not to be taken lightly!

While November 3, 2021 is National Stress Awareness Day, practice some of the following throughout the year to help de-stress.

Sleep

Sleep requirements vary. Get enough to feel your best.

No

Say no to situations you cannot control.

Unplug

Control your screen time at work and at home.

Pets

Pets can divert your mind from stress and calm anxieties.

Breathe

Practice deep breathing, meditation and/or prayer.

Eat Well

Eat real foods in a balanced diet and remain hydrated.

Health

Prioritize your health and wellbeing.

Positive

Develop a positive mindset and look for the upside.

Time

Plan your day or week to set limits and avoid exhaustion.

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