

# WHAT STRESS DOES TO YOUR BODY

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

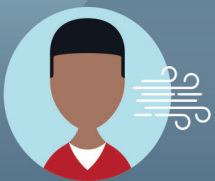
- Headaches
- Hair loss
- Heart disease
- Muscle pain
- Cravings for fat & sugar
- Upset stomach
- Diarrhea



- 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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December Monthly Challenge: STRESS

Get 10 bonus HealthScratch™ entries if you finish the Stress Final Knowledge Assessment this month!