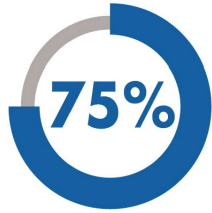
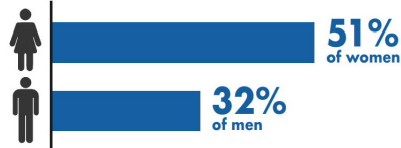


STRESS & HOLIDAY EATING

What you need to know.



of Americans reported stress in the past month.



say they have laid awake at night in the past month due to stress.

Stress causes...

High-blood pressure	Increased susceptibility to substance abuse	Less resistance to disease	Depression
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Eating our way to stress relief.



STRESS management tactics

meditate	go for a walk	do yoga	try deep breathing
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A certain amount of stress is healthy and can be motivating. Learning to deal with excessive stress is a sensible goal.

Sources
American Psychological Association-Stress in America
Johns Hopkins Medicine Healthy Heart-Stay Healthy; Healthy Aging-Healthy Body; Health Library-Managing Stress



IN NEED OF ASSISTANCE?
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