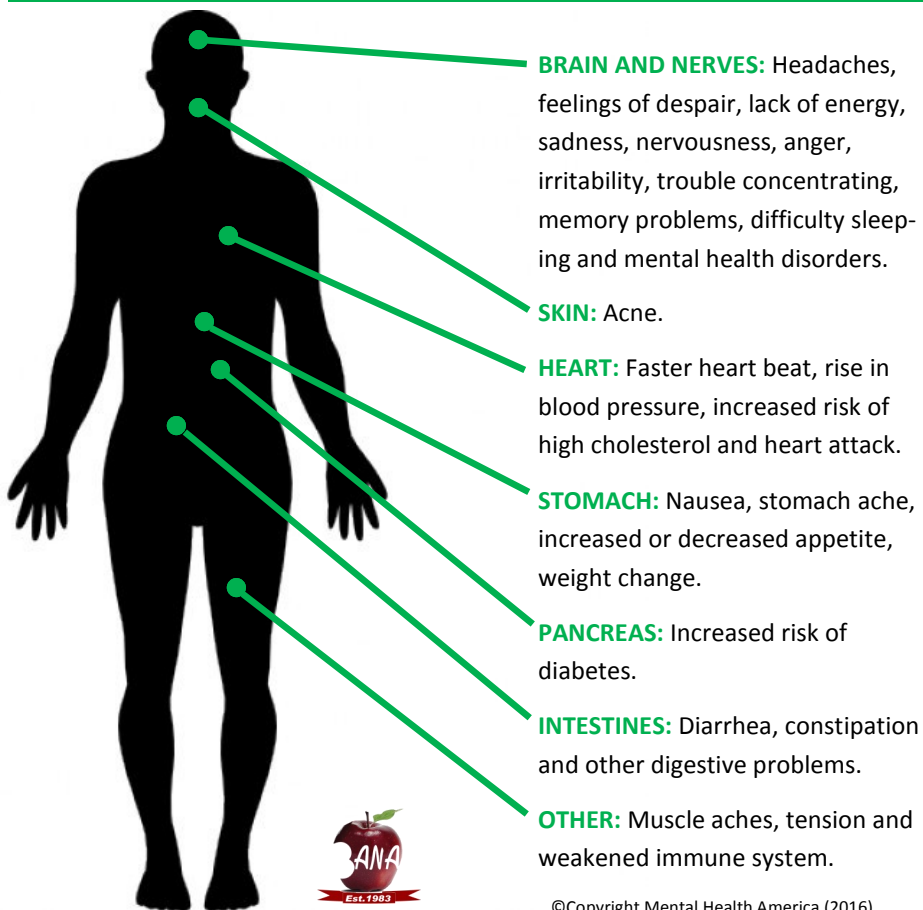


PHYSICAL EFFECTS OF STRESS

EMOTIONAL EFFECTS OF STRESS



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TIPS ON COPING WITH STRESS

- 1) Eat right and exercise
- 2) Take time to relax
- 3) Use positive self-talk
- 4) Learn to be assertive
- 5) Use problem solving skills
- 6) Deal with anger constructively
- 7) Build supportive relationships

DID YOU KNOW?

"75% of the general population experiences at least some stress every two weeks."

(National Health Interview Survey)