



April is



Awareness
Month



While stress can be part of our daily lives, it is important to recognize the impacts of chronic stress on your mental and physical well-being. Some of the effects of unmanaged, long-term stress include insomnia, headaches, muscle tension, and digestive problems.

During National Stress Awareness Month, the National Institute of Mental Health urges you practice stress management by being *GREAT*.



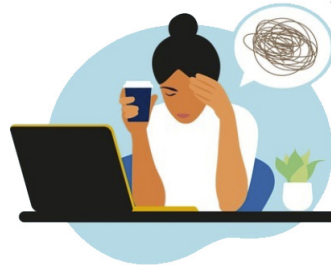
Gratitude



Relaxation



Exercise



Acknowledge Feelings



Track Thoughts

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