

STRESS MANAGEMENT

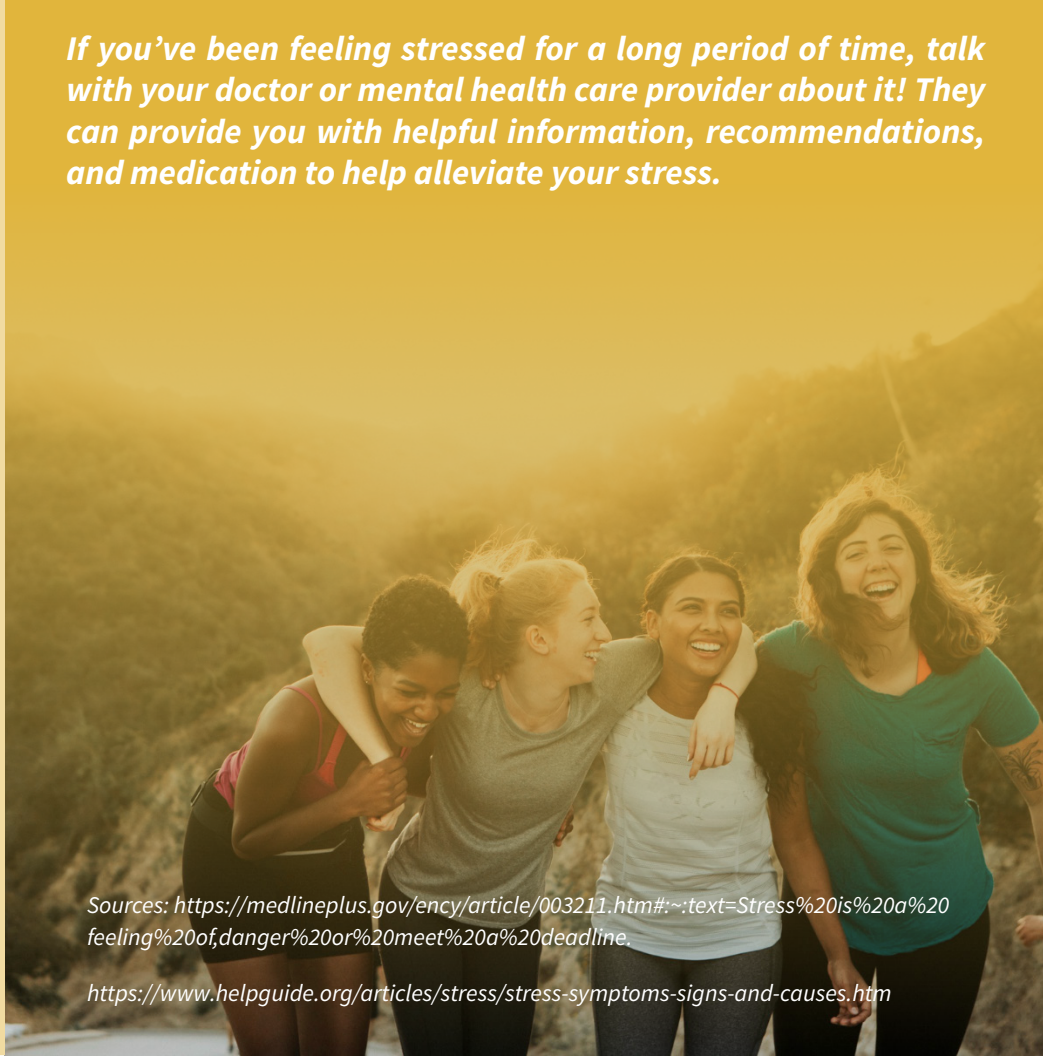
Health & Benefits Education to Keep You Well

ARE YOU CHRONICALLY STRESSED?

We've all felt stressed before, but there may come a time when you should seek outside help for your stress.

While short-term "acute" stress is normal, sometimes stress becomes all-encompassing and doesn't fade. If you're feeling stressed for weeks or months, you're probably experiencing **chronic stress**, which can lead to a variety of health and relationship problems.

If you've been feeling stressed for a long period of time, talk with your doctor or mental health care provider about it! They can provide you with helpful information, recommendations, and medication to help alleviate your stress.



Sources: <https://medlineplus.gov/ency/article/003211.htm#:~:text=Stress%20is%20a%20feeling%20of,danger%20or%20meet%20a%20deadline.>

<https://www.helpguide.org/articles/stress/stress-symptoms-signs-and-causes.htm>