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Manage your stress

Stress is a fact of life, but the affect it has on your health makes stress management techniques worth a second look. Unchecked stress can lead to weight gain, mood disturbances, and chronic disease. It can cause symptoms of illness, and prompt anxiety, irritability, and feelings of sadness and restlessness.

But stress doesn't have to be overwhelming. Learning one or two tools to manage stress can put you back in charge of your health. Check out apa.org for stress tips to try.

