

# FACT:

Chronic or overwhelming stress plays a role in chronic anxiety, depression, high blood pressure, and heart disease.

Try to turn negative thoughts into positive ones.

**Do regular exercise to ward off stress and to have fun.**



Share your feelings with a family member, friend, or coworker that you trust.

Avoid letting your emotions get “bottled up inside.”

**To deal with daily stress, give deep breathing a try.**



To help relieve stress, it may help to have a good cry.

