

# STRESS

## 5 THINGS YOU NEED TO KNOW

1



**CAN BE YOUR FRIEND**

Not all stress is bad.

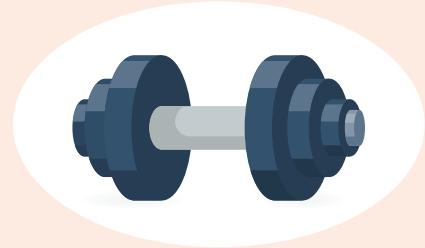
3



**CAN BE CHANNIELED**

Think of it as excitement instead of anxiety.

4



**CAN BE A SOURCE OF STRENGTH**

Gives your body access to mental and physical reserves.

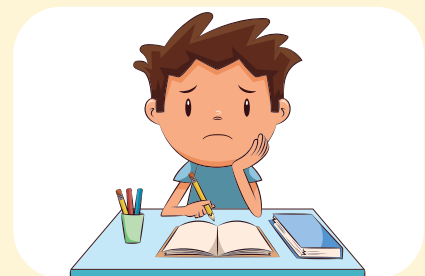
2



**CANNOT BE CONTROLLED**

Your relationship to it can be.

5



**CANNOT BE AVOIDED**

Life has its stressful times.

It's ok not to be ok. Reach out for help if you need it.