

A photograph of wooden Scrabble tiles on a wooden surface. The tiles are arranged to spell out the word "STRESS" in a wooden rack. Other tiles with letters like 'S', 'T', 'R', 'E', 'S', 'S' are scattered around. A dark teal rectangular box is overlaid on the bottom half of the image, containing white text.

Health and Wellness Tip of the Week Week 18 – April 29, 2019

Social Outings vs. Stressed Out

Stress in life makes it easy to cut yourself off from other people. Sometimes it can be hard to force yourself to be social during times of stress. But being around your friends, family or spouse can lift your spirits. Try planning a new cool activity with your family or friends. Don't forget to have some fun!

Source: Centers for Disease Control and Prevention

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Our mission is to promote health awareness and encourage healthy lifestyles.

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