



QUICK FACT

80% OF AMERICANS FEEL STRESSED AT WORK. PRACTICING MINDFULNESS HELPS REDUCE STRESS AND HAS AN IMPACT AFTER JUST EIGHT WEEKS.

BEAT YOUR STRESS

Stress is a leading contributor to many health problems, and the workplace can often be a major source. Managing stress levels can lower the risk of medical conditions and can help you feel better on a day-to-day basis. Activities like deep breathing, meditation, and walking can help reduce your stress, which can improve health, morale, and productivity.



THE EFFECTS OF STRESS

Stress can affect your mental health and your physical wellbeing. You may not recognize stress right away. Watch out for it in the form of back pain, poor focus, headaches and even trouble sleeping.



STRESS AND YOUR HEALTH

Health problems can occur if stress becomes chronic. Chronic stress can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally.



STRESS LESS

Track your stress in your myHealthCheck app to find patterns. Then, try strategies like deep breathing, meditation, or other practices HealthCheck360 cover in the July Coaching Webinar.