



**Don't Let Stress...**  
**Stress You Out**



## April is Stress Awareness Month

**(I'm aware that I'm stressed...  
trust me, I'm aware!)**

- Get outside when you can.
- Spend time with the people you love
- Get active doing something you enjoy
- Hold someone's hand
- Grab some laid back, YOU time.
- Remember what's important. Let the rest go.

