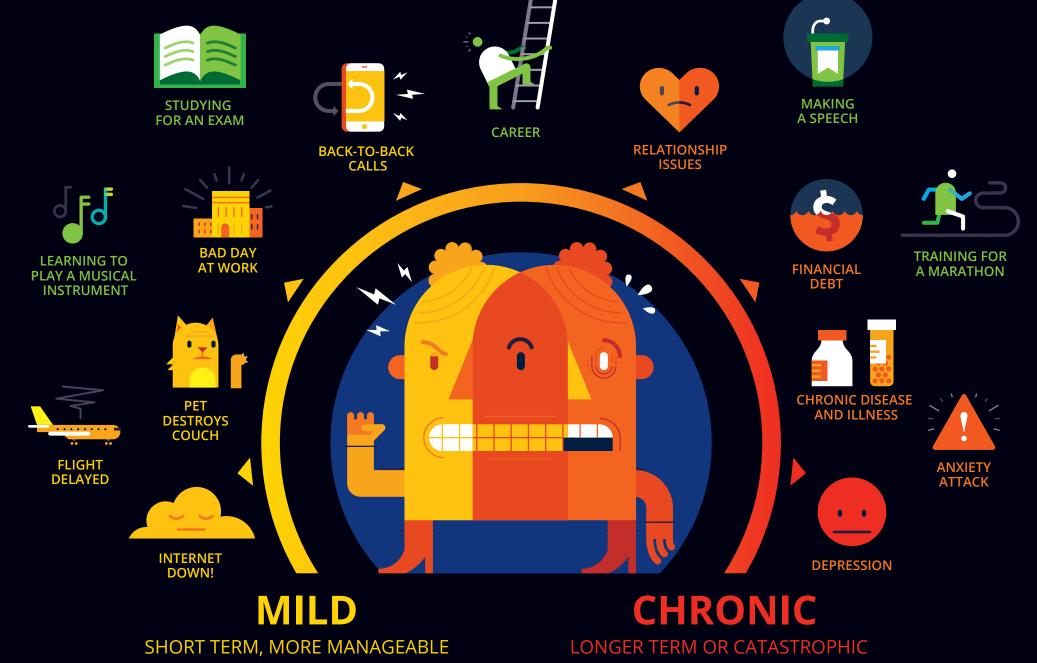
MANAGING YOUR RELATIONSHIP WITH

There's no way around it. Stress is part of our lives and it's not going away. Research shows that we need a certain amount of stress to motivate us to learn, grow and perform at our best. Yet, too much stress has been proven to be harmful to your health and well-being. Here are ways to help you oscillate between stress and recovery.

Stress is a state of mental or emotional strain resulting from demanding circumstances. But many of our daily stressors can be

We all react to stress differently

negative influences that trigger our body's natural "fight or flight" response. When we learn to recognize stress, we can start to reframe our relationship to it and learn recovery strategies to be resilient.



disease, obesity, depression, and digestive issues. Reducing your stress is one way to protect your health.

I can manage this."

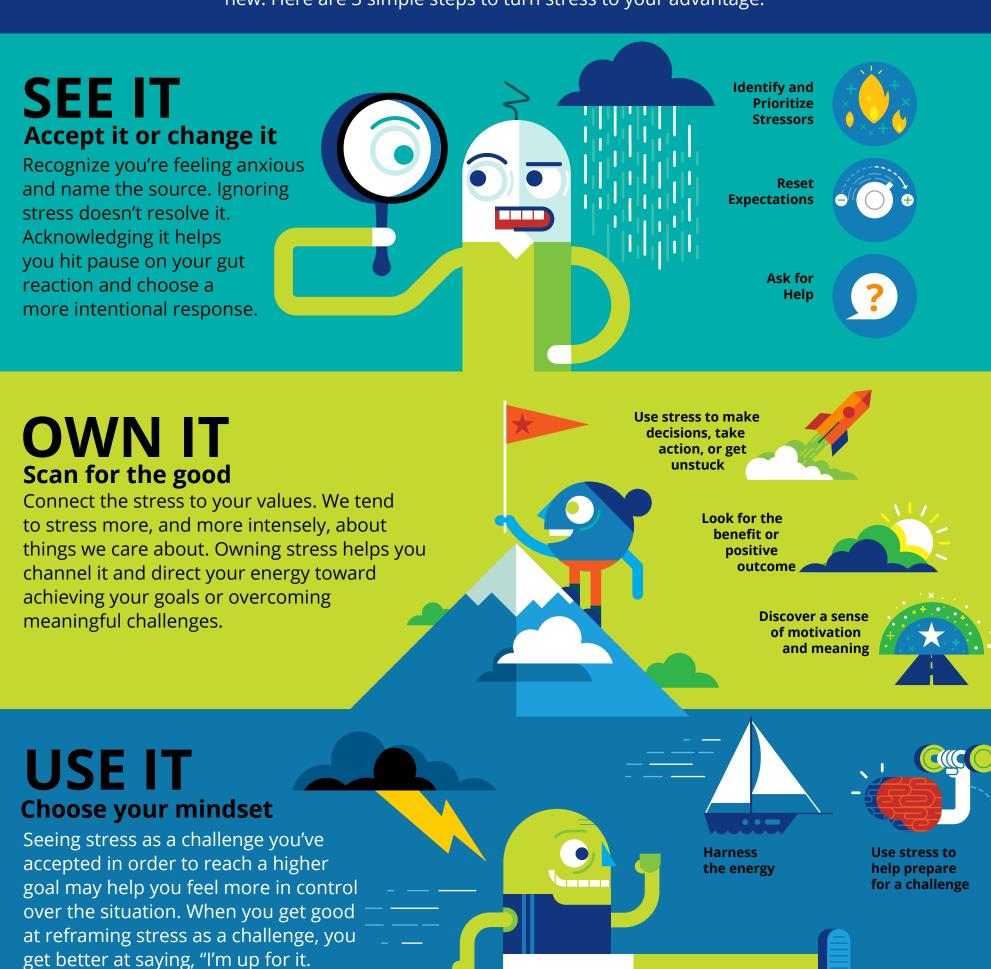
help us grow and meet the demands we face."

Source: https://hbr.org/2015/09/stress-can-be-a-good-thing-if-you-know-how-to-use-it

According to various research, chronic stress has been linked to significant health concerns, including heart

STRESS FOR SUCCESS

Sometimes stress is a positive force, motivating you to perform well or accomplish something new. Here are 3 simple steps to turn stress to your advantage:



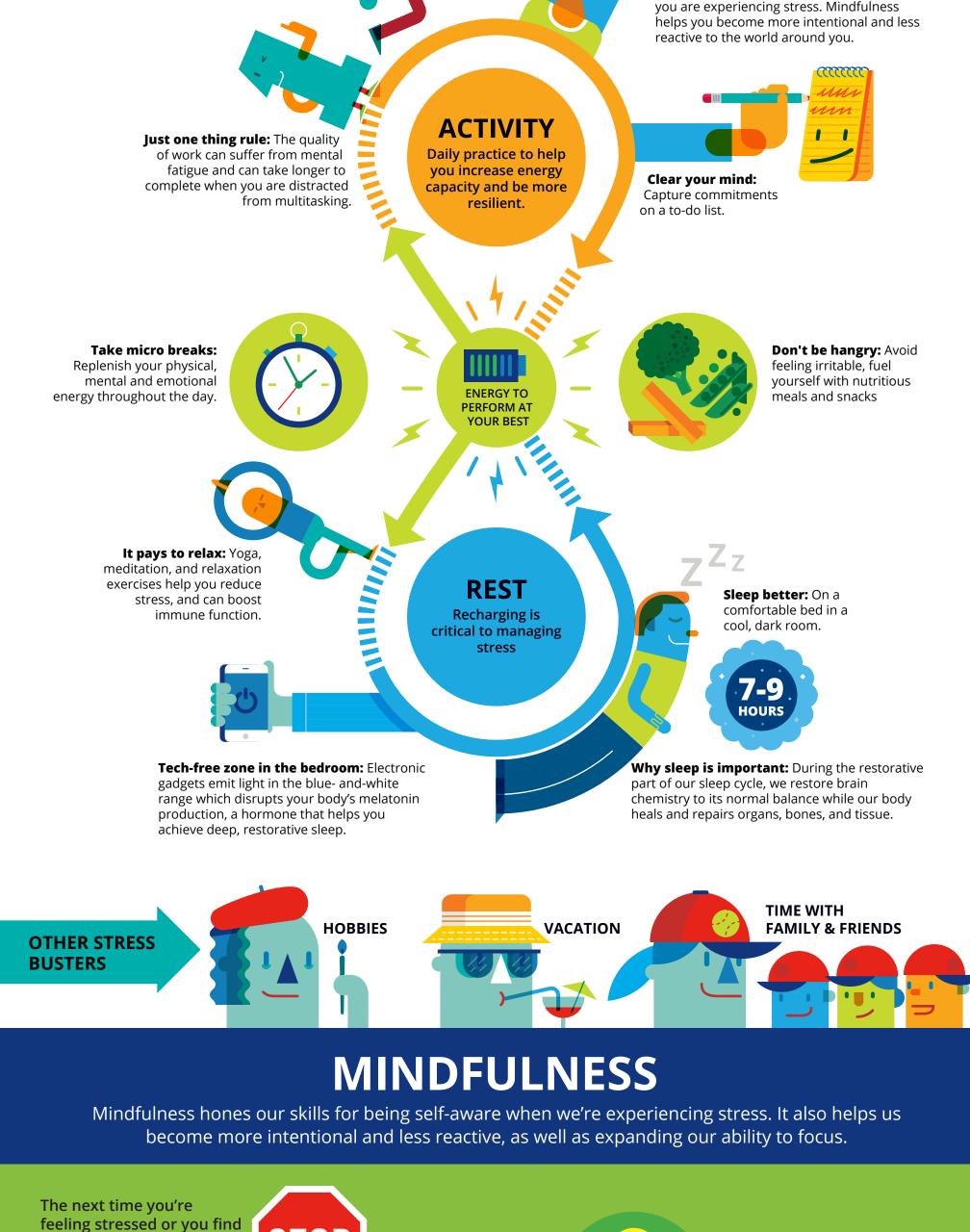
STRESS-RECOVERY CYCLE Too much stress, for too long, can be damaging to our health and well-being. When you can

properly manage your stress and recovery cycle, you'll likely be a stronger, more resilient person better able to respond to, and bounce back from, adversity.

"The body's stress response was not designed to kill us. In fact, the evolutionary goal of the stress response was to help boost the body and mind into enhanced functioning, to

-Harvard Business Review





top what you are doing



considered words and actions.

Note

participation in any such activities is wholly voluntary and at your own risk. All information presented here is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.

The activities referenced here are in no way

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your mind racing, try to...

choices that can enable them to be energized, confident, and aware. It provides the opportunity for our people to personalize their experiences in the

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