

Take a Breath

FEELING STRESSED OUT?

You are not alone. According to a report by the American Psychological Association, nearly a quarter of adults (24%) rated their average stress between 8 and 10 on a scale of 1 to 10 where 1 means little to no stress and 10 means a great deal of stress. Not only does stress affect you, but it can affect everyone around you.



Contact **Linda G.** at wellnessconsultant@bellin.org
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For 24/7 health system access go to bellin.org/contact
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