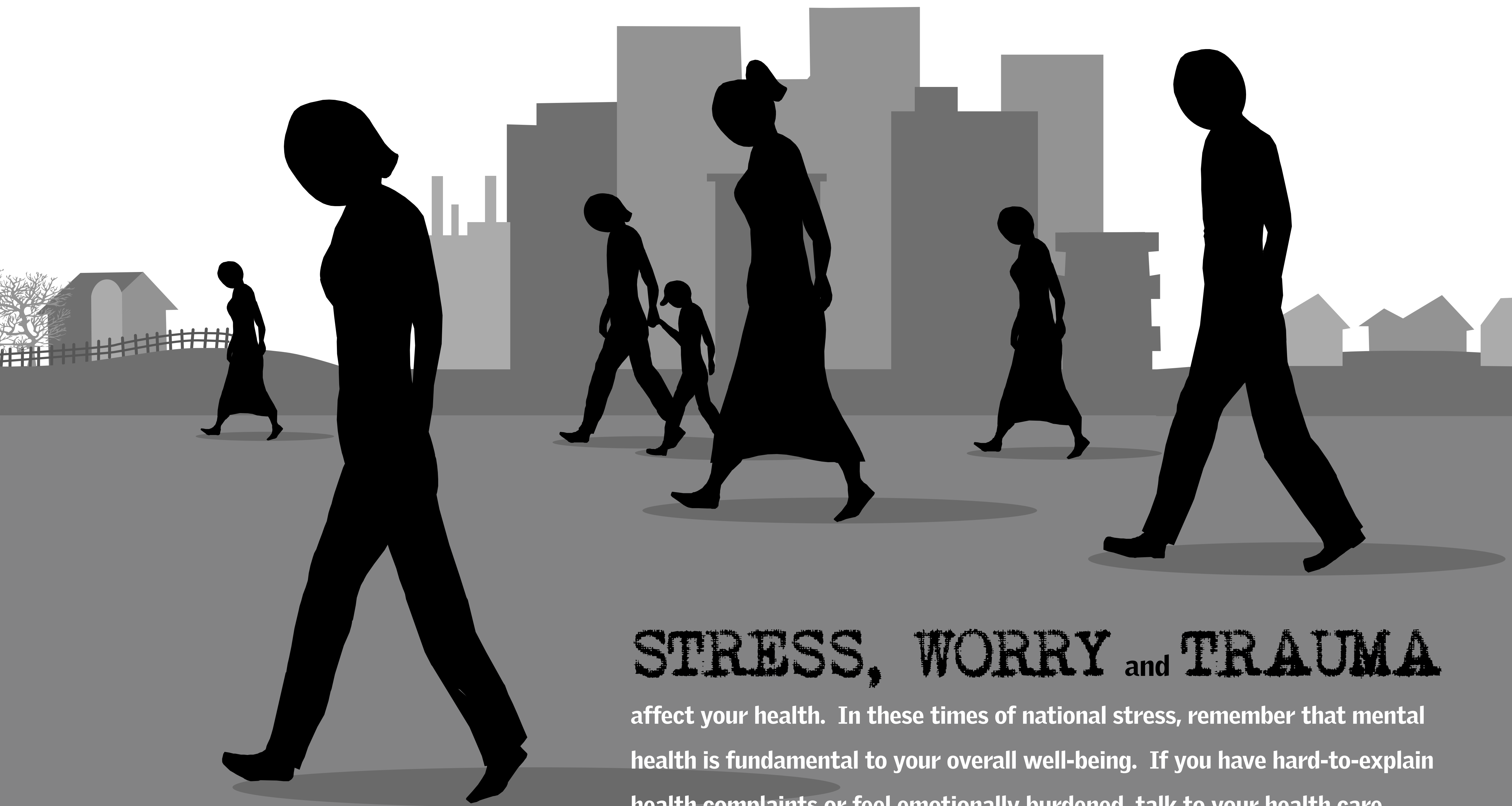


How have you been feeling lately?



STRESS, WORRY and TRAUMA

affect your health. In these times of national stress, remember that mental health is fundamental to your overall well-being. If you have hard-to-explain health complaints or feel emotionally burdened, talk to your health care provider. He or she can help.



- 1 Eat well, exercise and rest
- 2 Resist unhealthy habits such as drinking or smoking
- 3 Take a break from news stories about terrorism and war
- 4 Stay in close touch with loved ones
- 5 Make relaxing a daily practice
- 6 Talk about concerns
- 7 Get involved in local activities
- 8 Engage in your faith community if it is important to you



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