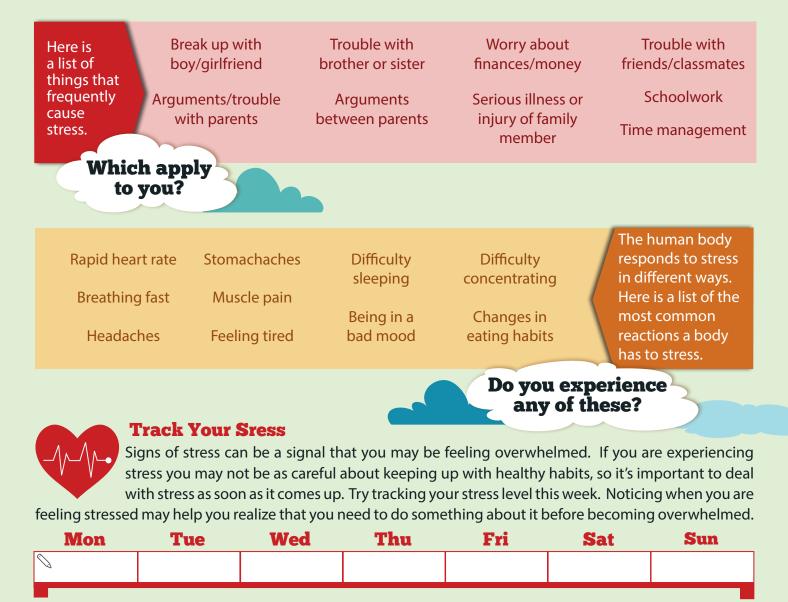
Maintenance

Understanding Stress

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Stress is a feeling that's created when your body reacts to a challenge, which could be anything from being in a dangerous situation to taking a final exam. Both good and bad things create stress. For example, getting a job for the first time is a good thing, but it may also be stressful because there will be a lot to learn quickly.



For More Information visit: www.HealthyMeFlorida.com



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No Stress



10

Overstressed