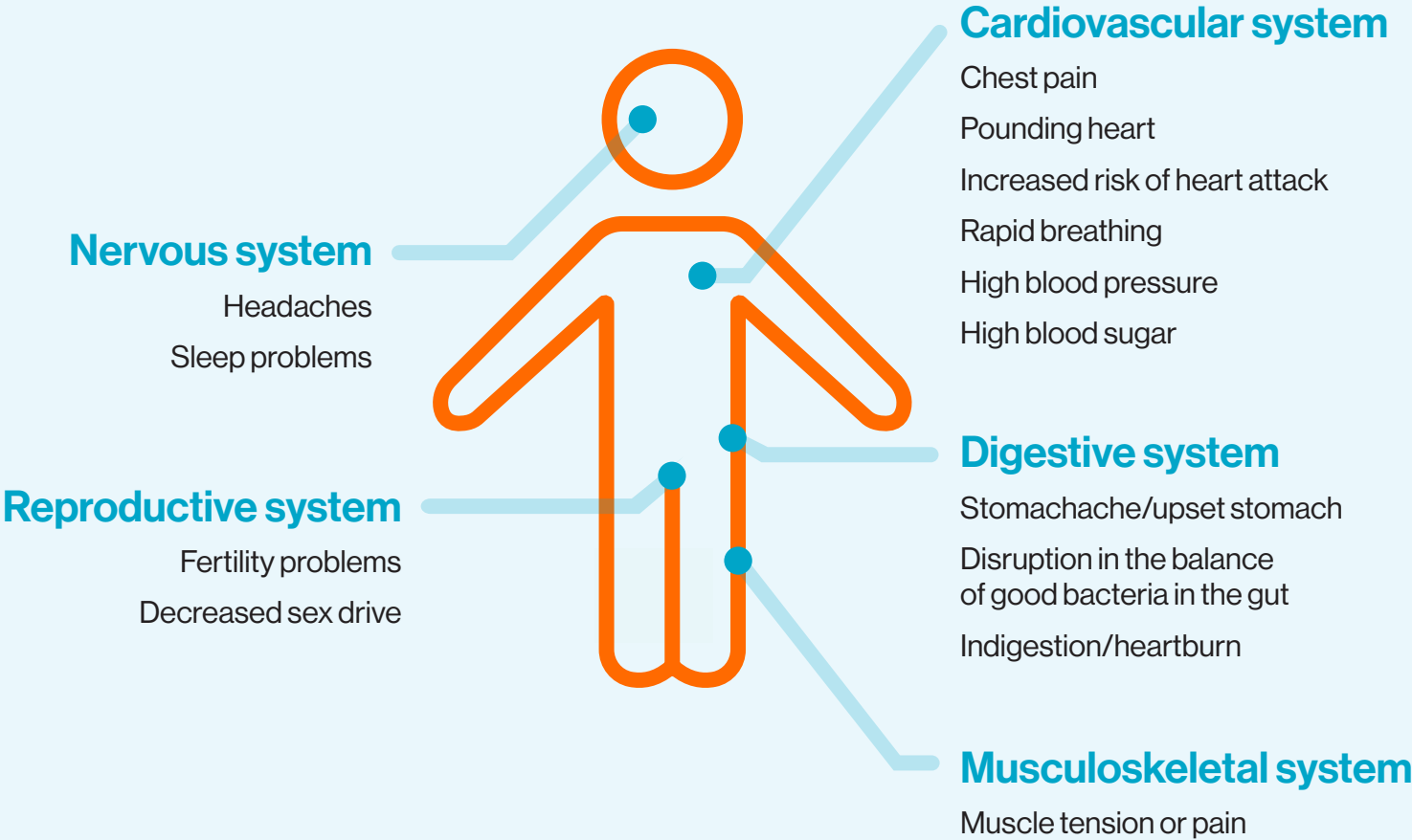


# Know your stress

Recognize it.

Effects of distress  
on the body and mind

## Effects of distress on: the body



## Effects of distress on: the mind



It's important to remember all body systems work together as a whole, including the mind-body connection.